



TRUE PATRIOT LOVE EXPEDITION – ARCTIC CIRCLE CARDIO CHALLENGE

Date	Activity	Duration	Distance	Total Distance	<input checked="" type="checkbox"/> Check Points
1.					<input checked="" type="checkbox"/> 0km : Start TPL Expedition
2.					<input type="checkbox"/> 7.38km : Danish Strait
3.					<input type="checkbox"/> 59.25km : Thor Island
4.					<input type="checkbox"/> 73.35km : Landfall Ellef Ringnes Island
5.					<input type="checkbox"/> 91.81km : Depart Noice Peninsula
6.					<input type="checkbox"/> 109.72km : 1996 Magnetic North Pole
7.					<input type="checkbox"/> 135.00km : Isachsen Weather Station
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To participate in this program online, visit www.FoxFitness.ca



TRUE PATRIOT LOVE EXPEDITION – ARCTIC CIRCLE CARDIO CHALLENGE

Continuing the tradition and success of the 2012 True Patriot Love Expedition – Himalayas, the 2014 Expedition will offer the ultimate Canadian challenge. Twelve wounded yet determined soldiers will be paired with courageous business leaders for this epic journey to the Arctic Circle.

Together, they will ski through some of the most demanding conditions to reach the Magnetic North Pole. As a team, they must overcome past injuries and current mental and physical challenges to achieve their goal.

Working together, they will move each participating soldier forward on his or her road to recovery, while raising awareness of the needs of Canadian veterans and their families.

Instructions:

- Choose a form of cardiovascular exercise that best suits you, such as walking, jogging, or running. Use a pedometer or odometer (in your car) to measure the distance traveled.
- Accumulate your total distance traveled, and correlate your total to the checkpoints.
- Try to maintain a minimum of 30 minutes of cardiovascular exercise, 3-7 times a week.
- For optimal cardiovascular benefit, try to work at an intensity that keeps your heart rate within the range of 70-90% of your maximal heart rate (calculated by subtracting your age from the number 220). Wear a heart rate monitor strap with wristwatch receiver if needed.

Suggestions To Keep It Fun!

- Do cardio with a friend so you can “catch up on the latest”
- Listen to motivating music, or an audiobook.
- Perform cardio workouts while watching the news, or your favorite TV program.
- Experiment with the variety of interesting cardio machines at the local fitness facility.