

CARDIOVASCULAR EXERCISE



Benefits of Cardio

IMPROVED HEART HEALTH

With blood moving more efficiently through the body and strengthening the heart, the risk of heart disease decreases significantly.

INCREASED METABOLISM

An increased metabolism helps maintain a healthy weight. The body expends more calories during and after exercise when doing cardio.

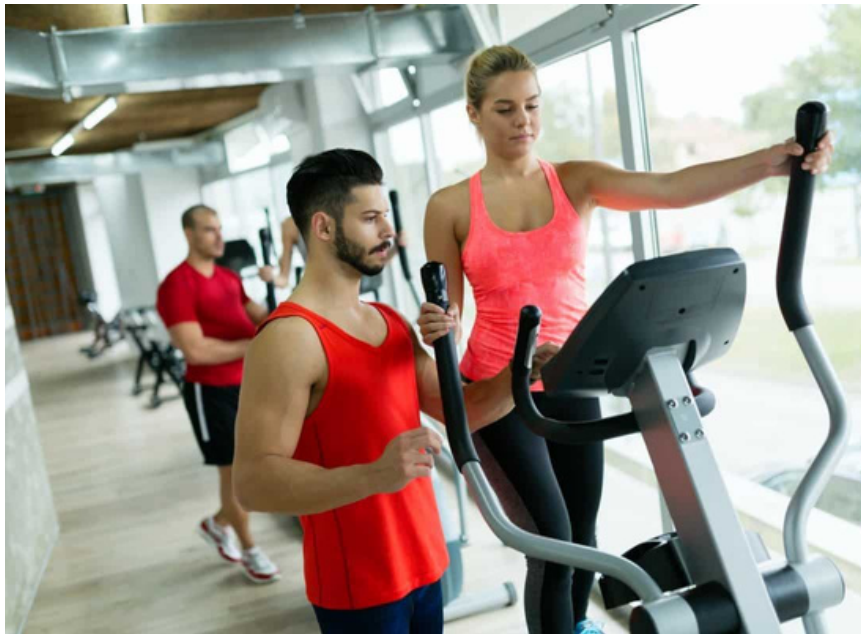
LOWERS BLOOD PRESSURE

Cardio is a key to treating and preventing hypertension. Which in turn helps prevent heart attack, stroke, and aneurysm.

30 MINUTES A DAY CAN KEEP THE DR. AWAY

Cardiovascular exercise has been shown to help and prevent diseases like diabetes, obesity, and cardiovascular diseases. Along with a healthy diet, the risk of disease is reduced significantly by maintaining a healthy level of cholesterol and blood pressure. There are many ways of getting cardiovascular exercise; try different ways of cardio to see which works best for you.





HOW MUCH SHOULD I DO?

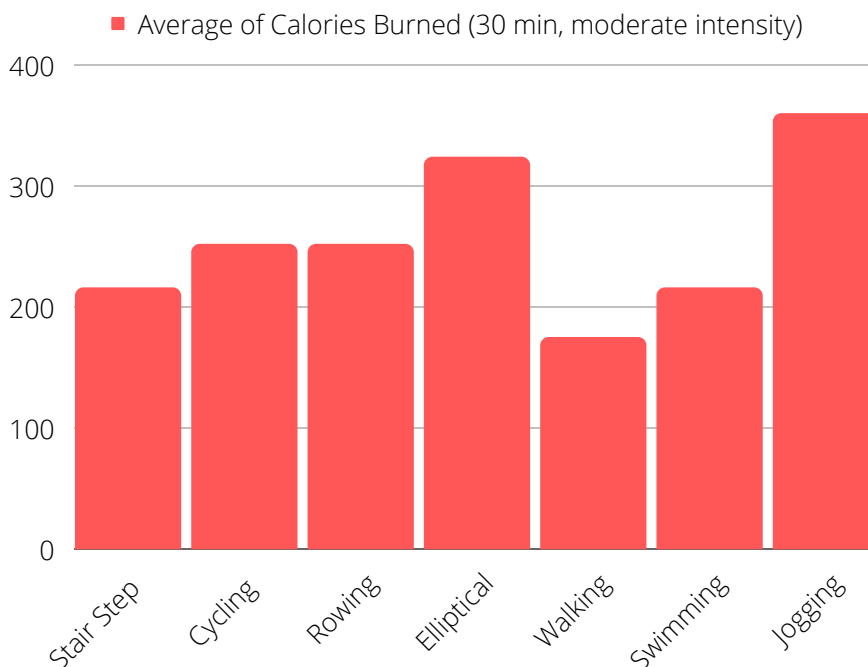
It is recommended to get at least 150 minutes a week of moderate intensity exercise. That normally looks like 30 minutes, five days a week to most. That is a great start especially if just getting into fitness. However, as you progress in your fitness journey, it is recommended to increase either the duration or intensity of your workouts because of how well the body adapts; overtime the same workout you did will eventually not be as effective in burning calories and expending energy.

When increasing intensity or duration of your cardio workouts, it's important to not overdo it. Making big progressions in workouts can lead to overuse injuries like tendonitis and strains; common sites of injury are the feet, shins, knees, and hips. Keep a track of how many miles, laps, or steps you've accumulated in a weeks time; a suggested rule of thumb is to increase the amount of volume you do in the following week by no more than 10% to reduce the risk of injury.

CARDIO THAT WORKS FOR YOU

It's important to find a form of exercise that work's best for you., something that doesn't necessarily feel like a chore to do. To turn a couple of workouts into a routine or habit, it has to be something that you can at least learn to enjoy.

Other factors to consider when choosing the best form of cardio for yourself are injury history, health, age, weight, and current fitness levels. For example, if knee health is a concern, cycling or rowing can be done instead of jogging. Doing a combination of different exercises is also recommended if unable to perform one form of cardio continuously for at least 30 minutes.



TARGET HEART RATE CHART

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm