

Cardiovascular/Aerobic Conditioning 101

- Warm-up for 5 to 10 minutes before aerobic activity
- Maintain exercise intensity for at least 30 to 90 minutes (based on goals)
- Always stretch and cool-down at end of each workout.
- Make it fun!

Benefits of Cardiovascular Exercise

- Improvement in cardiovascular/cardio respiratory function (heart and lungs)
- Improved glucose tolerance and reduced insulin resistance
- Increased maximal cardiac output (amount of blood pumped every minute)
- Increased maximal stroke volume (amount of blood pumped with each beat)
- Increased threshold for lactic acid accumulation
- Increased HDL cholesterol (good cholesterol)
- Lower resting systolic and diastolic blood pressure in people with high blood pressure
- Decreased blood triglycerides
- Reduced body fat and improved weight control

Cardiovascular Exercise

- Running, Swimming, Cycling, Rowing, Stair Climbing, Rope Jumping, Skating (incline or ice), Skiing, Racketball, Basketball (and other court sports)

Did you Know?

Water is an essential part of nutrition and health.

The body is made up of 60 to 70 percent water.

"The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly" - Thomas Paine