

# CARDIOVASCULAR EXERCISE

**\*Always consult your physician before starting any exercise program.**

Physical activity is a crucial component to overall health and wellness. It is associated with multiple health benefits such as improved sleep, weight management and decreased risk of diseases such as type 2 diabetes and cancer. Regular exercise can also promote feelings of increased energy and overall improved quality of life. Specifically, cardiovascular exercise involves activities that increase your heart rate and breathing, which in turn increases circulation and the delivery of vital nutrients to your organs and muscles.

Recommendations	Types of Cardiovascular Exercise
<ul style="list-style-type: none"> <li>150 minutes per week of moderate intensity physical activity                             <ul style="list-style-type: none"> <li>» 10 minutes or more at a time</li> <li>» 75 minutes 3 days per week</li> <li>» 30 minutes 5 days per week</li> </ul> </li> <li>Track your progress! Record goals and keep an activity log to increase motivation.</li> </ul>	<ul style="list-style-type: none"> <li>Walking</li> <li>Biking</li> <li>Rowing</li> <li>Hiking</li> <li>Swimming</li> <li>Climbing stairs</li> <li>Jumping rope</li> <li>Team sports</li> <li>Group fitness classes</li> <li>Exercise videos</li> </ul>

## Am I exercising hard enough?

- Check your heart rate (HR) beats per minute
  - Aim for 65 - 85% of max HR ( $220 - \text{age} = \text{max HR}$ )
- Use the rate or perceived exertion
  - Uses values from 0-20
  - 0 = easy, 10 = moderate and 20 = maximum effort
- Talk test
  - Perform cardiovascular exercise at a point where talking or carrying on a conversation is difficult but not impossible.



### Resources:

- Garber, C., Blissmer, B., Deschenes, M., Franklin, B., Lamonte, M., Lee, I., ... Swain, D. (2011). Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal and Neuromotor Fitness in Apparently Healthy Adults. *Medicine & Science in Sports & Exercise*, 1334-1359.
- ACE Fit | Fit Facts | Cardiovascular Exercise. (n.d.). Retrieved January 21, 2015, from <http://www.acefitness.org/acefit/fitness-fact/1/cardiovascular-exercise/>

