

EXERCISE FOR LIFE: Cardiovascular Exercise

Cardiovascular Exercise is defined as prolonged rhythmic activity using large muscle groups which increases the heart rate and promotes increased use of oxygen in order to improve the overall body condition.

Cardiovascular Exercise Benefits

- Reduces Health Risks
- Helps to Manage Chronic Conditions
- Strengthens Your Heart
- Keep Your Arteries Clear
- Boost Your Mood Improved
- Sleep Increases Creativity
- Helps with Weight Maintenance or Loss
- Helps to Maintain ADLs
- Strengthens the Immune System
- Reduces Risks of Certain Cancers
- Helps You Live Longer

Cardiovascular Exercises

Walking – Running – Swimming
Bicycling – Aerobic – Dance – Cardio
Kickboxing – Jumping Rope – Zumba
Stairclimbing – Elliptical

Cardiovascular Exercise Recommendations

For substantial benefits adults (18 and over) should accumulate at least 30 minutes of moderate intensity exercise 5 days a week or 20 minutes of high intensity exercise 3 days a week. (150 minutes)

*****Please remember you should always receive exercise clearance from your provider before participating in an exercise program.***