

Cardio Basics

- Cardio is also known as aerobic exercise and endurance training
- Includes any movement that increases your heart rate
- Spread cardio out throughout the week
- Aim for at least 150 minutes per week of moderate intensity or 75 minutes per week or vigorous intensity exercise to achieve health benefits
- Cardio-specific health benefits may help you:
 - Better control your weight
 - Sleep more soundly
 - Manage stress and improve mood
 - Reduce your risk for cardiovascular disease, type 2 diabetes, and some types of cancers (colon and breast)

Cardio

Make It Work For You!

- 30 minutes of moderate intensity 5 days a week
(e.g. Brisk walking, swimming, bicycling, or doubles tennis)

OR

- 25 minutes of vigorous activity 3 days a week
(e.g. Jogging, race-walking, jumping rope,
or singles tennis)

Combine the two with varying activities to
keep your routine fun and creative.



Types of Cardio

Make it fun!

- Choose your favorite activity: aerobics, swimming, walking, jogging, spinning, dancing, sports, elliptical, etc.
- Walking is one of the easiest options!
 - Low cost
 - 1 mile is about 100 calories
 - No special clothes or equipment needed – just some good, sturdy shoes!
 - Aim for 10,000 steps daily (start slowly and build up to 10,000 steps gradually)
 - Use a pedometer, fitness tracker or your phone to track your steps
- Brainstorm ways to incorporate a minimum of 10 minute intervals throughout your day
 - Park 10 minutes further away or 1 train stop away
 - Take a 10 minute walk around the block before you come home
 - Go out and walk during your lunch hour