

Transcript

Cardiovascular Training includes any exercise that increases your heart rate and makes you breathe more heavily.

That's because when you are doing cardio, sometimes called 'aerobic' activity, you need more oxygen. The oxygen you breathe travels to your lungs and then into your bloodstream. Your heart then pumps enough blood to your muscles so they get the oxygen they need to keep exercising.

Cardio exercises strengthen your heart and lungs. Your heart is a muscle and making it pump harder on a regular basis, makes it stronger.

Cardio helps to improve your body's overall circulation, and reduces your risks of heart disease, vascular disease, stroke and lung disease.

Cardio also strengthens your muscles and increases your endurance. And because it turns fat cells into energy it is a great way to lose weight.

Cardiovascular training can also help your body manage glucose, or sugar levels, helping to prevent or manage diabetes.

And when you exercise, your body may release endorphins, a chemical produced by your body that makes you feel happy, reducing stress.

Cardiovascular training is a key part of any exercise program. But the best news about cardio training? It includes so many different types of exercise. You are sure to find one or two that you enjoy, can add to your daily routine and will stick to. Go for a bike ride, dance, swim, play basketball with your kids, hike. Find an aerobic activity you enjoy to get you moving.

"Wherever you are, whatever your circumstance is you can live a healthy life. So if that is just walking once a week and taking a step forward. Then that's good."

You may choose to start your cardiovascular training in a gym with a personal trainer. She can help you make a plan to do it safely. Or you may choose to do activities around your home, by yourself or with family or friends.

If it has been a long time since you have exercised, or you have health concerns, talk to your healthcare provider before you start to ensure your goals are doable and safe.

In order to enjoy the health benefits of cardiovascular training, aim to do it on most days of the week for a minimum of 30 minutes each time at a moderate intensity. For weight loss you may want to do it longer.

Remember, some activity is better than none. Start slowly and gradually add exercise as your body gets used to it.

Break a session down into 10 minute chunks, 3 times a day if that is more manageable. Then slowly add a minute or two each time.

If you can talk while exercising then you aren't overdoing it.

Eventually, you will need to increase the intensity of your aerobic exercise to increase the benefits. For example, taking a hilly route on your walk is a great way to increase the intensity.

Whatever cardio exercise you choose to add to your day, remember, you have so many choices you can never get bored. Mix up your routine and try something new to get all the benefits of cardiovascular training. Make it a fun part of every day.