

# Fit & Lean in 2014

## 4.3: Basic Cardio Guidelines

Cardiovascular exercise is the main component in any comprehensive exercise program.

For important health benefits, adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week

**OR**

- 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic activity every week



From pushing a lawn mower to swimming to taking a dance class, all types of activity count as long as you are doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**.

### What is *moderate intensity aerobic activity*?

Activity where you are working hard enough to raise your heart rate and break a sweat. One way to tell is you're able to talk, but not sing the words to your favourite song.

### What is *vigorous intensity aerobic activity*?

Activity where you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

## Aerobic Activity: What Counts?

- Jumping rope
- Water aerobics
- Rowing
- Boxing
- Climbing stairs
- Using an elliptical machine
- Group fitness classes, like Zumba
- Team sports (hockey, baseball, soccer, football, squash, tennis)
- Walking
- Jogging
- Swimming
- Skating
- Hiking
- Cycling
- Dancing
- Heavy housework, gardening or manual labour

Source: [www.cdc.gov](http://www.cdc.gov)