

Fit & Lean in 2014

2.2: 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?

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

Source: www.cdc.gov