

Drop It Low

Week Three – Cardiovascular Exercise



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



Cardiovascular exercise uses large muscle groups and raises your heart rate. There is an increased blood flow returning to your heart. This increases the volume in your left ventricle over time. Your left ventricle adapts and is able to eject more blood per beat. Therefore, with regular cardiovascular training, your resting heart beat lowers since your blood can pump more blood per beat (fewer beats are needed).

Source: Heart and Stroke Foundation

Benefits of Cardiovascular Exercise

- Strengthens your heart
- Lowers resting heart rate
- Lowers blood pressure
- Controls blood sugar
- Ability to lose weight
- Increases your stamina
- Strengthens your lungs
- Activates immune system
- Keeps your arteries clear
- Reduces risk of obesity, heart disease, high blood pressure, type 2 diabetes, stroke, and certain cancers
- Reduces anxiety and promotes relaxation
- Maintain independence as you age

Examples of Cardiovascular Exercise

- Cardio machines e.g. treadmill and elliptical
- Running
- Spinning
- Biking
- Swimming
- Hiking
- Dancing
- Kickboxing
- Cross country skiing

