

## Cardio 101

The Centers for Disease Control (CDC) and American College of Sports Medicine (ACSM) recommends that most adults engage in moderate-intensity cardiorespiratory exercise training for

- ❑ 30 min. per day on 5 days per week for a total of 150 minutes per week of moderate-intensity cardiorespiratory exercise training
- ❑ 20 min. per day on 3 days per week (75 min per week), or a combination of moderate- and vigorous-intensity exercise

Adults who are unable or unwilling to meet the exercise targets outlined here still can benefit from engaging in amounts of exercise *less than* recommended.

In addition to exercising regularly, there are health benefits in concurrently reducing total time engaged in sedentary pursuits and also by interspersing frequent, short bouts of standing and physical activity between periods of sedentary activity, even in physically active adults

### Health Benefits

*Regardless of age, weight or athletic ability, aerobic activity is good for you. As your body adapts to regular aerobic exercise, you'll get stronger and fitter.*

Aerobic activity can help you:

1. **Keep excess pounds at bay**  
Combined with a healthy diet, aerobic exercise helps you lose weight and keep it off.
2. **Increase your stamina**  
Aerobic exercise may make you tired in the short term. But over the long term, you'll enjoy increased stamina and reduced fatigue.
3. **Ward off viral illnesses**  
Aerobic exercise may activate your immune system. This may leave you less susceptible to minor viral illnesses, such as colds and flu.
4. **Reduce your health risks**  
Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer.

Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.



5. **Manage chronic conditions**

Aerobic exercise may help lower blood pressure and control blood sugar. If you have coronary artery disease, aerobic exercise may help you manage your condition.

6. **Strengthen your heart**

A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.

7. **Keep your arteries clear**

Aerobic exercise boosts your high-density lipoprotein (HDL), the "good," cholesterol, and lowers your low-density lipoprotein (LDL), the "bad," cholesterol. This may result in less buildup of plaques in your arteries.

8. **Boost your mood**

Aerobic exercise may ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation.

9. **Stay active and independent as you age**

Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older.

Aerobic exercise also keeps your mind sharp. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

10. **Live longer**

Studies show that people who participate in regular aerobic exercise live longer than those who don't exercise regularly.

## Types of Cardio

Walking, Jogging, Biking, Swimming, Step mill, Stair master, Elliptical. Anything that gets your heart rate up and increases your breathing rate.

## Measuring Exertion

The **talk test** is a simple way to measure relative intensity. As a rule of thumb, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

**Dyspnea Scale-Breathing Test** is a way to gauge your breathing by using the following categories. You will want to stay somewhere in between Light and Hard during an entire exercise session. Never get into maximal, or not being able to breathe.

Just Noticeable

Light

Hard

Maximal



## RPE Chart-Borg's Category Ratio

- 6 No exertion at all
- 7 Extremely light
- 8
- 9 Very light
- 10
- 11 Light
- 12
- 13 Somewhat hard
- 14
- 15 Hard (heavy)
- 16
- 17
- 18
- 19 Extremely hard
- 20 Maximal Exertion

Exercise somewhere in between 12-16 to increase aerobic fitness.

## Heart Rate Monitors and Calculating Target Heart Rate-

$206.9 - (0.67 \times \text{age}) = \text{Max HR}$  \_\_\_\_\_      **Resting HR (Beats/Minute) =** \_\_\_\_\_

$\text{Max Rate} - \text{Resting HR} = \text{HRR}$  \_\_\_\_\_

**HRR \* % intensity (40-60% is moderate) (60-85% is vigorous) = The number you add to HRR** \_\_\_\_\_

Add **The number you got from the formula above** to **HRR** to get the heart rate you should be working at to reach desired intensity.

\_\_\_\_\_ + \_\_\_\_\_ = Target Heart Rate