

Hailsham Active

# Women's Health Workshop

## CARDIO FITNESS



— presented by ANDREA MESZAROS

# Cardiovascular Fitness: Cardio

Cardio exercise strains your body's cardiovascular system, elevating your heart rate and requiring your body to pump blood efficiently. As a result, cardio can lead to improved overall health in the long term.

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# Health benefits of cardio

## Heart health

This includes reduced blood pressure, a lower risk of heart disease, and overall improved heart health.

## Longevity

Some scientists assert that regular cardiovascular exercise can prolong your life. By making your heart and lungs stronger, you improve your overall fitness levels and cardiovascular health—this means your heart has a lower measure of beats per minute (BPM) than it would if you otherwise led a sedentary lifestyle), which suggests your body has an improved ability to handle different stressors.

## Lowers blood pressure

Cardiovascular exercise may help you manage symptoms of high blood pressure. That's because exercise can help lower blood pressure. Here are other ways to lower blood pressure without medicine.

## Weight loss

Those who maintain a long-term, regular cardio routine might also experience weight loss, since your body uses your body fat as energy while you work out, burning off body weight in the process.

## Mental health

There are emotional and mental benefits to doing regular cardio. Working out improves blood flow throughout your body, including in your brain, which can improve your cognitive functions. Working out also releases endorphins—naturally occurring chemicals in your body that can make you feel good.

## Helps regulate blood sugar

Regular physical activity helps regulate insulin levels and lower blood sugar, all while keeping body weight in check. In a study on people with type 2 diabetes, researchers found that any form of movement, either aerobic or anaerobic, may have these effects.



# Health benefits of cardio



## Reduces risk of falls

Results from a study on women ages 72 to 87 revealed that aerobic dance, for example, can reduce the risk of falling by promoting better balance and agility.

## Improves brain power

Did you know that the brain starts losing tissue after you reach age 30? Scientists have uncovered that aerobic exercise may slow this loss and improve cognitive performance.

## Reduces asthma symptoms

Aerobic exercise can help people with asthma lessen both the frequency and severity of asthma attacks. You should still talk to your doctor before beginning a new exercise routine if you have asthma, however. They may recommend specific activities or precautions to help keep you safe while working out.

## Strengthens immune system

Regular and moderate aerobic exercise increases certain antibodies in the blood called immunoglobulins. That ultimately strengthens the immune system.

## Helps regulate blood sugar

Regular physical activity helps regulate insulin levels and lower blood sugar, all while keeping body weight in check. In a study on people with type 2 diabetes, researchers found that any form of movement, either aerobic or anaerobic, may have these effects.



# Aerobic

What is aerobic exercise?

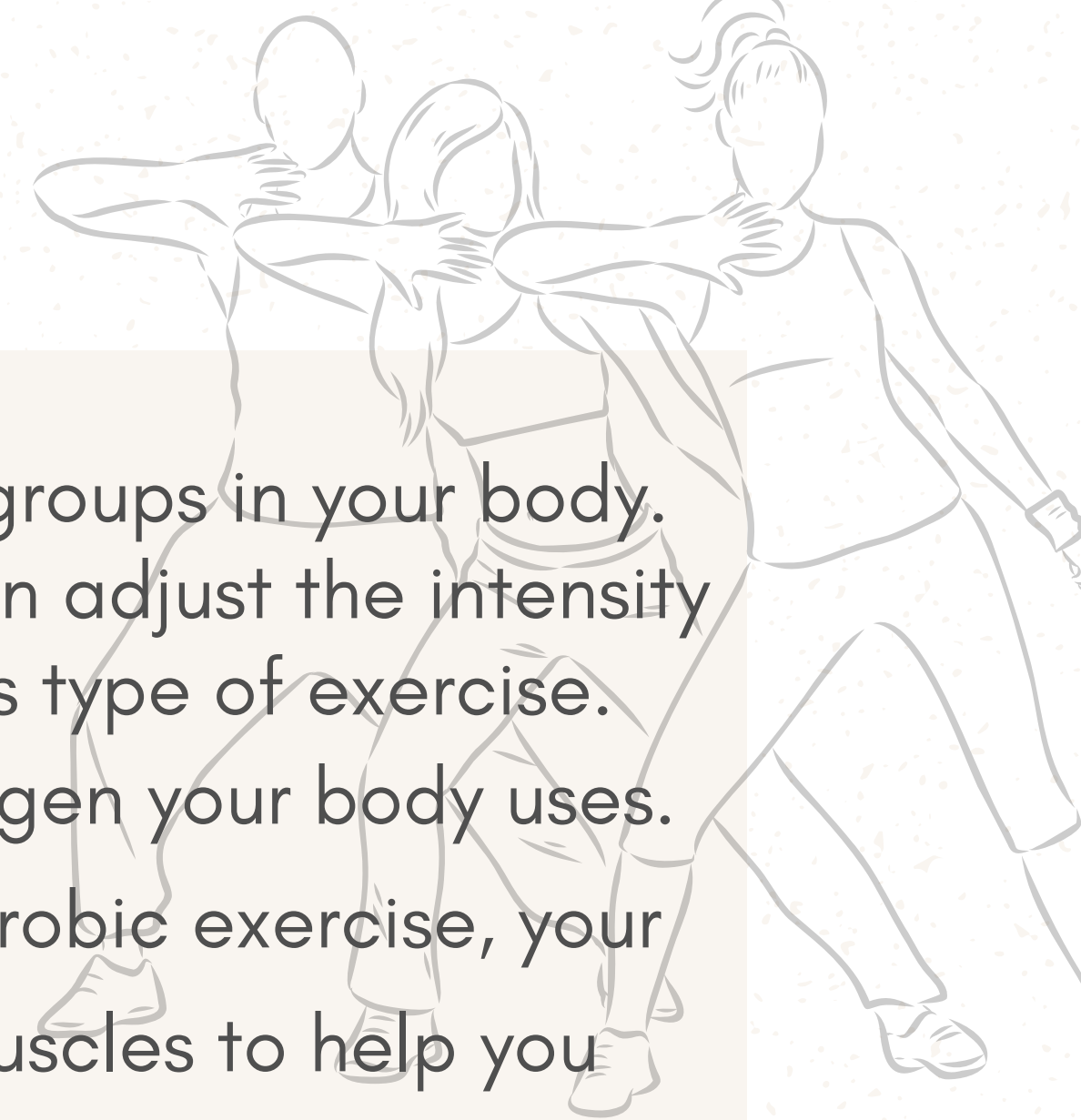
Aerobic exercise is a physical activity that uses large muscle groups in your body. This type of exercise is usually rhythmic and repetitive. You can adjust the intensity of your workout, which is how hard your body works during this type of exercise. Aerobic exercises increase your heart rate and how much oxygen your body uses. The term aerobic means “with oxygen.” When you practice aerobic exercise, your breathing controls the amount of oxygen that reaches your muscles to help you burn energy and move.

## **Difference between aerobic and anaerobic exercises**

Aerobic and anaerobic are terms that define how your body produces energy.

Aerobic means “with oxygen.”

Anaerobic means “without oxygen.”





# Types of cardio



high-intensity interval training (HIIT)



moderate-intensity steady state (MISS)



low-intensity steady state (LISS)

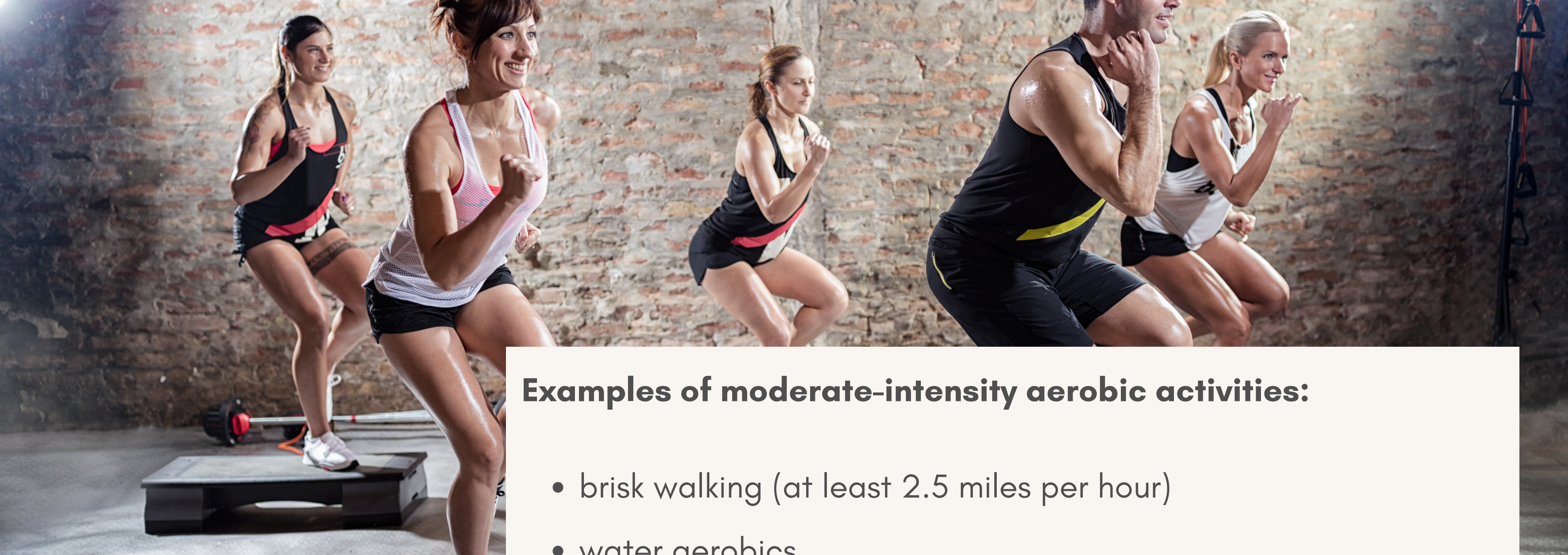




- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.

## Recommendations for Adults





## Intensity

### Examples of moderate-intensity aerobic activities:

- brisk walking (at least 2.5 miles per hour)
- water aerobics
- dancing (ballroom or social)
- gardening
- tennis (doubles)
- biking slower than 10 miles per hour





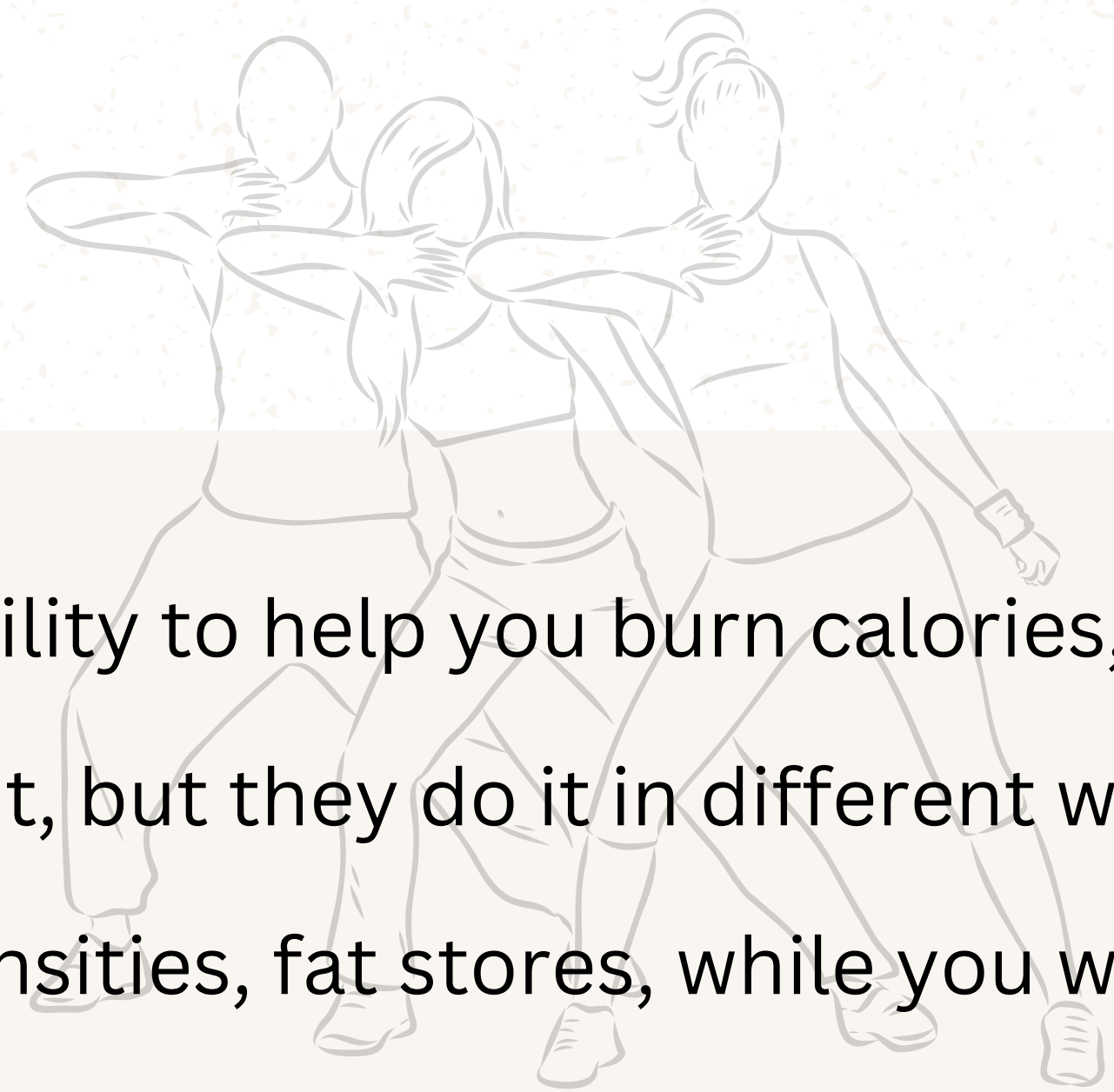
## Intensity

### Examples of vigorous-intensity aerobic activities:

- **hiking uphill or with a heavy backpack**
- **running**
- **swimming laps**
- **vigorous aerobic dancing**
- **heavy yardwork such as continuous digging or hoeing**
- **tennis (singles)**
- **cycling 10 miles per hour or faster**
- **jumping rope**



# Cardio vs. Strength Training for Maintaining a Healthy Weight



Both cardio and strength training have the capability to help you burn calories, boost your metabolism, and maintain a healthy weight, but they do it in different ways.

Cardio helps you burn calories and, at certain intensities, fat stores, while you work out.

While cardio may burn calories faster than strength training, it only does this during your workout. Strength training plays the long game, building muscle mass over time, boosting your metabolism, and burning calories even when you're not in workout mode.



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***Thank you for  
your attention***