

Exercising for Maximum Cardiovascular Health

Activity for Cardiovascular Benefits: Frequency, Duration, Intensity

Type of activity (What kind?)

Continuous activity (not interrupted)

Large muscle groups involved

Examples: walking, jogging, cross country skiing, swimming, running, biking, stair climbing

Intensity (How hard?)

Exercise at Target Heart Rate (THR)

Calculating THR:

Formula:

$$(220 - \text{Age}) = \underline{\hspace{2cm}} \times 70\% = \underline{\hspace{2cm}}$$

$$(220 - \text{Age}) = \underline{\hspace{2cm}} \times 80\% = \underline{\hspace{2cm}}$$

$$\text{Target Heart Rate (70-80\%)} = \underline{\hspace{2cm}}$$

(Note for beginning exercisers, multiply by 60% and 70%)

Count the pulse 3 to 5 minutes into exercise and immediately after exercise.

Count pulse using fingers (not thumb) on pulse point on wrist for 10 seconds and multiply by 6

Guidelines:

Use THR as a speedometer:

- if heart rate is too fast, slow down (not burning fat optimally; increased risk of fatigue and giving up on exercise program; increased chance of injury)
- If heart rate is too slow, need to speed up (not effective in conditioning cardiovascular system)

Simple means of monitoring: can you carry on a conversation while exercising?

Duration (How long?)

Build up gradually

Goal: 20-30 minutes of continuous exercise at THR (not including warm up and cool down) (45+ minutes are recommended for weight loss)

Frequency (How often?): 3 to 5 days/week

Stretches/Warm-Up/Cool Down

Goal: Prevent physical problems due to activity

Warm-Up

Should be the same activity, at lower intensity

Do warm-up for 3 to 5 minutes

Stretches

Should do warm-ups first; more chance of injuring muscles that are colder

Best stretching takes place after your workout when muscles are thoroughly warmed up

Cool Down

same activity, at lower intensity for last 3 to 5 minutes of exercise