

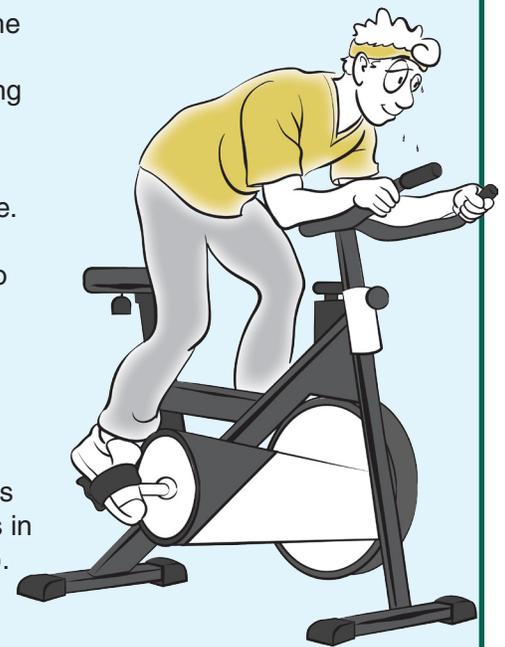
## Cardio Does the Body Good

Let's do some math. Subtract your age from the number 220 (the answer is your maximum heart rate). Now multiply that number by 0.6. Got it? Repeat the steps, only this time, multiply by 0.8. You now know your targeted pulse range when performing cardiovascular fitness activities. (By the way, a healthy resting heart rate is between 60 and 100 BPM).

Cardio is any activity that makes the heart beat faster and harder for a period of time. This causes the blood flow to your muscles and your lungs to increase. You'll begin to breathe faster and deeper, maximizing the amount of oxygen in your blood. Your small blood vessels will then widen to deliver the oxygen to your muscles and carry away waste, such as carbon dioxide and lactic acid. Your body even releases endorphins that increase your sense of well-being.

The Centers for Disease Control and Prevention recommends 150 minutes a week of moderate-intensity aerobic activity, but not everyone has that kind of time to burn. Recent studies show that HIIT (High Intensity Interval Training) makes it possible to reap all the benefits of cardio simply by doing short bursts of intense exercise, from 30 seconds to 3 minutes, with short recovery breaks in between (and yes, chasing Pokémon on the new app counts – just stay safe!).

Getting or staying fit in the world of cardiovascular is extremely important. We know too, that staying fit helps to ward off a list of other conditions. However, certain activities are not meant for everyone. Always seek guidance from your family doctor before performing high intensity workouts.



## Reap the Benefits of Staying Active

Whether to gain or reduce weight or simply stay fit, include cardio in your fitness routine.

- Cardio helps to burn fat and calories for weight loss;
- Strengthens your heart so that it doesn't have to work as hard to pump blood and;
- Increases your lung capacity.
- As like other variations of working out, aerobic exercising has been proven to reduce stress;
- Help to improve sleeping habits and;
- Improve overall lifestyle and happiness.
- Cardio can reduce the risk of heart attack, high blood pressure, high cholesterol, and even diabetes, which turn reduces the risks of other related illnesses.
- Better health means fewer medical bills, saving money.

SOURCES: WebMD, Mayo Clinic, Science Daily, Merriam-Webster, VeryWell.Com