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## **FAQS About Cardio Exercise**

### **What is cardiovascular exercise?**

“Cardiovascular exercise is any type of exercise that increases the work of the heart and lungs,” says Tommy Boone PhD, a founding member of the American Society of Exercise Physiologists. “Walking, jogging, and running are common forms of cardiovascular or aerobic exercise.” The physical benefits of cardio exercise are well known and include:

- Improved blood cholesterol and triglyceride levels
- Improved heart function
- Reduced risk of osteoporosis
- Improved muscle mass
- Leaner and more fit body
- Reduced risk of heart disease
- More effective at performing work and sports activities.

### **How much cardio exercise should I do each week?**

The American College of Sports Medicine recommends for health and overall fitness that you should exercise 30 minutes of moderate-intensity physical activity three to five times per week.

### **How do I get the most benefit from my cardio exercise?**

To help you make the most of your cardio exercise workout and to help your heart increase its effectiveness and to lose fat-Denis Austin, fitness expert gives the following advice:

- Your workout should be 20 to 30 minutes on a schedule of from three to four times per week.
- The best way to find out if you are burning fat is to take your pulse during your workout for six seconds, and add a zero to that number. This number is your rate per minute.
- Next, calculate your training zone. To find your training zone take the number 220, minus your age, then calculate 70% of that number and that is your heart training zone.
- If your heart rate is under 70% increase the intensity of your exercise and if the rate is over 70% decrease the intensity.
- Another simple but effective way to measure if your cardio is too intense is you are unable to talk to the trainer without being winded. If you are too winded too talk cut back.

### **Will cardio exercise help me tone up the muscles in my arms, legs and abs?**

Yes! If you are looking for firm, defined muscles interval training that combines strength training with cardio will get you there. The key is to combine weights with athletic movement. Denise Austin is a strong believer in using weights for interval training. “I love interval training because it constantly jump-starts your metabolism.” By doing short bursts of training and then resting for one minute, which allows the cardio system to recover, you push the muscles and then let it relax over and over and this type of training gives you maximum results. The key idea to remember is to alternate your intensity levels with short rest periods.

### **What are some of the best cardio exercises for burning fat?**

Running, biking, swimming or lifting weights using intervals are all effective fat burners. If you can combine burning calories while strengthening and toning your muscles you are getting the best return on your exercise time. The experts feel the most important message is to choose a cardio exercise program that you like that fits your lifestyle. Because in the final outcome if a person enjoys the exercise they probably will stay with the program and achieve the fitness, strength, and firmness they desire.

### **How do I keep my cardio exercise from being boring?**

Let's be honest spending hours jogging, walking, swimming is not only boring but time consuming to most people. You need to do a variety of exercises because too much of the same thing isn't good either. Try to add variety to your workouts. For example, if you are using a speed-strength interval training workout mix up the speed and the amount of weight you are lifting. Your workouts will be more interesting and you can maintain steady progress towards your goals. Vary the workout!