Name: _____   **Date Due: 5/13/16**

Cardiovascular Exercise

What is cardiovascular exercise?

Some people refer to cardiovascular exercise as aerobic exercise; some people even call it 'cardio' for short. All it amounts to is exercises that involve the large muscles like legs and help make your heart and lungs stronger. Cardiovascular exercise has lots of health benefits like lowering your blood pressure, and also it can burn lots of calories - for those of you who want to lose weight. Cardiovascular exercise is activity involving the large muscles, such as your legs. The word 'aerobic' refers to something that needs oxygen. During cardiovascular or aerobic exercise oxygen gets continuously delivered to your muscles. Outside of exercise, terms like 'aerobic bacteria' refer to bacteria that need oxygen To survive, and 'anaerobic bacteria' are ones that do not need oxygen to stay alive. To give your heart a proper workout you need to make sure that you do your cardiovascular exercise with a certain amount of intensity, but you don't want to overdo it. One way measure the amount of exertion while exercising is by monitoring your heart rate. You can measure your heart rate manually or with a heart rate monitor. Heart rate is the number of times your heart beats per minute. Everyone has a resting heart rate, which is just what it sounds like - the rate your heart beats per minute while you are resting (best time to take it is before you get out of bed in the morning). Everyone also has a maximum heart rate, which the maximum amount of times your heart can beat in a minute. Your 'target heart rate zone' is a range of heart rate that is considered to be the best rate to be in to give your heart a good workout. This range is between 50% and 85% of your maximum heart rate.

Types of Cardiovascular Exercise

There many **types of cardiovascular exercise**. Cardiovascular exercise is something that involves using the larger muscles like your legs. So as you can imagine there are many different way to do this. They can be divided up into a number of different categories. Indoors and outdoors exercise and with or without special exercise equipment.

Outdoor Cardiovascular Exercise
This includes running, walking, jogging, bicycling, jump-roping, swimming and some types of skiing

Indoor Cardiovascular Exercise
The indoor types of cardiovascular exercise include using treadmills, stationary bicycles, stair climbers, rowing machines, elliptical trainers and ladder climbers. You may have noticed from the list above that for the most part the types of

cardiovascular exercises you can do outside tend to be the ones that do not need any kind of special equipment. That is true for the most part. However, even when running or walking you should make sure that you wear the right kind of shoes - or you may injure your feet. Also, when bicycling you should wear a helmet. And of course, you need a jump rope to be able to do jump roping! What is best for one person may not be for another, depending upon your needs.

WHY?

Did you know????
1. As many as **300,000 deaths** per year can be attributed to the lack of physical activity.
2. The average child watches **24 hours** of television per week
3. Excess body weight during adolescence may lead to low self-esteem and poor social health.
4. Children are more likely to exercise when their parents exercise.
5. Each hour of exercise adds two hours to your life expectancy.

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age.

Cardiovascular Exercise
Benefits of Cardiovascular Exercise

There are many health **benefits of cardiovascular exercise**. It can also have a number of psychological benefits - it can help you feel stronger and more capable, happier, more energetic, etc.

It can burn a lot of calories

One of the benefits of cardiovascular exercise is that it is a good way to burn calories. Still, to lose weight with cardiovascular exercise - you need to do it for longer periods of time and more frequently to lose weight. It is best to try and both decrease your caloric intake and start a cardiovascular exercise program at the same time.

Can raise you metabolic rate

Some studies have shown that with regular cardiovascular exercise your resting metabolic level will increase. This is one way in which it can help you to lose weight.

Decreases Risk of cardiovascular disease

Some research suggests that even just walking 20 minutes, three times a week and can lower your risk of heart diseases

Your assignment is to use YOUR AGE, and YOUR RESTING HEART RATE to calculate a PERSONAL target heart rate range. Then answer the questions. Remember to keep your decimal points lined up.

Calculating YOUR Target Heart Rate Range

Purpose: To identify a PERSONAL target heart rate zone; which is a safe and comfortable level at which to perform physical activities.

Procedure: Study the example provided before completing this activity

	Example	YOUR TARGET Heart Rate (THR)	
		LOWER LIMIT	UPPER LIMIT
Start with 220 Substract **YOUR** age	220 -20	220 - age	220 -age
Equals Maximum Heart Rate (MHR) Maxiumum times heart should beat/minute	= <u>200</u>	=_____	=_____
Multiply by: 60%-Lower Limit 85%-Upper Limit	200 X <u>.60</u>	=_____ X .60	=_____ X .85
Equals Target Heart Rate (THR)	100 Beats per minute	Beats per minute	Beats per minute
		YOUR THR	

Assignment Questions: You can use the back of the paper if you need more room.

1) What makes an exercise a cardiovascular exercise?

2) Define aerobic.

3) What is one thing you can do that could lower your risk of heart disease?

4) How does cardiovascular workout help you lose weight?

5) List three benefits of cardiovascular exercise.

a.

b.

c.

6) What does it mean if your heart rate is not within your target heart rate range when you are done exercising or participating in a physical activity?

7) What should you do if you take your pulse (heart rate) during activity and it is **above** your target rate range? **Why?**

8) What should you do if you take your pulse (heart rate) during activity and it is **below** your target rate range? **Why?**