

# CARDIO CONDITIONING

## The 'What and Why' of Cardio Conditioning:

Any activity that gets your heart rate up maintains it there for 20-30 minutes and then gradually brings it down. Ex: walking, cycling, swimming, dancing, and running on the treadmill.

## *How often do I need to do a cardio conditioning activity?*

- You need to do it at least 3 times a week and a maximum of 5 days a week. \*
- A minimum of 20 -30 minutes of activity is a must to reap the benefits of a great cardio conditioning program. \*

**ACSM recommends: 30-min per day + 3/ 5 times a week.**

\* American College of Sports Medicine (ACSM's research on fitness is accepted worldwide)

## *How does Cardio Conditioning help?*

- Your heart gets healthier
- You'll lose some weight!
- You'll feel good because your feel-good hormones start getting to your brain and evoke that sense of well being
- You'll sleep better
- You'll have lot of energy throughout the day
- You'll experience mental alertness
- You'll be more confident

## *A good Cardio Conditioning Program helps decrease:*

- Heart disease risk
- Resting Heart Rate
- Blood Pressure
- Bad Cholesterol

## **You might want to read:**

**The Three Absolutes of an Exercise Program:** Confused about what exercise program to follow? Read the basics of an exercise program and it will help you make up your mind. [Download pdf now](#)