



Aerobic Activity

Benefits of Physical Activity

Cardiorespiratory fitness is the ability to sustain moderate-to-high intensity exercises over a prolonged period of time.

- Maintain or manage a healthy weight
- Increase your metabolism
- Lower your blood pressure
- Improve your cholesterol profile
- Decrease risk for heart diseases
- Protect against certain types of cancer
- Decrease risk for osteoporosis
- Enhance immunity
- Reduce stress and anxiety
- Increase energy and concentration

Exercise Recommendations

The American College of Sports Medicine (ACSM) and U.S. Department of Health and Human Services have similar aerobic physical activity recommendations of:

- 30 minutes for 5 days per week OR 150 minutes total/week of moderate-intensity aerobic activity
- 25 minutes for 3 days per week OR 75 minutes total per week of vigorous-intensity aerobic activity

Tips:

- Exercise can be done in 10 minute bouts.
- Additional health benefits may be gained from a regular regimen of physical activity that is a higher intensity or longer duration.

Intensity

One way to gauge your intensity is to calculate your target exercise heart rate range:

1. Subtract 220 minus your age to get your estimated maximum heart rate (MHR)
2. Determine your lower-limit exercise heart rate by multiplying your MHR by 50%
3. Determine your upper-limit exercise heart rate by multiplying your MHR by 90%

Ex: $220 - 20 \text{ years old} = 200 \text{ beats/minute (bpm)}$
 $200 \text{ bpm} \times 0.50 = 100 \text{ bpm}$
 $200 \text{ bpm} \times 0.90 = 180 \text{ bpm}$

To measure your heart rate during exercise, find your pulse at your neck or wrist. Count the number of beats for 15 seconds and multiply this number by 4 to get your beats per minute. Your beats per minute should fall between 50-90% of your MHR. If you are just starting out on an exercise program, keep your heart rate at the lower end of your target heart rate zone and gradually work up to a higher intensity level.

For examples of activities with varying intensity, check out the table:

Moderate Intense Activities

Walking briskly
 Water aerobics
 Tennis (doubles)
 Ballroom dancing
 Gardening
 Cycling (<10 miles/hour)

Vigorous Intense Activities

Jogging/running
 Swimming laps
 Tennis (singles)
 Jumping rope
 Hiking
 Cycling (>10 miles/hour)

Resources

recsports.osu.edu

exrx.net

acefitness.org/acefit