Cardiovascular Fitness

For improvements in cardiovascular fitness, *ACSM* recommends following the F.I.T.T. principals to guide you to a safe and effective cardiovascular training program.

F. Frequency - 3-5 times per week.
I. Intensity - 50-70% of MHR for the beginner exerciser, 60-80% MHR for intermediate and 70-90% for advanced.
T. Time - length of time needed for maintenance or improvement – 20-60 minutes
T. Type - exercises that use the larger muscle groups of the body of rhythmic and dynamic in nature, such as running, walking, cycling or group exercise classes of cardiovascular type and/or other sports activities.

By adhering to an exercise program that includes cardio activity you will reap many health benefits.

Here are 7 good reasons to participate in regular cardiovascular training.

1. Cardio training is good for your heart - The increased heart rate you will achieve during your cardio workout will improve the condition of your heart and lungs, by training your heart to pump more blood in fewer beats and your lungs to move more oxygen with less effort. The improvement you will gain in your cardiovascular health will reduce your risk of heart disease and improve your blood cholesterol and triglyceride levels.

2. Cardio training will help improve muscle mass - Yes, it's true - You need strength training to gain muscle, 20-60 min of cardio activity will help improve your muscle mass too. In addition, regular aerobic exercise causes the capillaries in your muscles to grow, which helps them to remove waste, such as lactic acid, from your body more easily. This will help improve the health of your muscles, and reduce muscle soreness after your workout.

3. Cardio Training Burns calories - Adding 3-5, 20-60 min. cardio sessions a week to your current training schedule will help you rev up your fat burning capability. The fat loss you will see will help your toned muscles be even more noticeable.

4. Cardio Training Revs Up Your Metabolism - In addition to the calories you will burn during your workout, regular cardiovascular training will boost your metabolism after your workout.

5. Your Immune System Can Improve - People who participate in regular cardiovascular exercise at least three times a week are less likely to catch colds and other viral illnesses. It is believed that aerobic exercise improves your immune system, making it better able to fight off infection.

6. Your Mental State Will Improve - Cardio training causes your brain to release endorphins, the body's natural high. Endorphins act as natural painkillers and stress reducers.

7. You Are Likely To Live Longer - The New England Journal of Medicine has found a direct link between regular exercise and longevity.

***CHB Sports* is proud to offer a wide variety of classes for all fitness levels for achieving improvements in cardiovascular fitness, including but not limited to the below listed classes. Check out our complete group fitness schedule on our website.**

Les Mills – BodyStep
Les Mills – BodyCombat
Zumba
Freestyle – Cycle
Freestyle - Step
Freestyle – Fitness Fusion
Freestyle – Fundamental Fitness
Silver Sneakers – Cardio Circuit
Senior Fitness
Plus Size Fitness
Yoga-Dance
TKO Bag
Hi/Low Cardio