Aerobic Exercise

# Aerobic exercise includes any activity that makes you breathe hard. Aerobic exercise can also make your heart beating faster. Your muscles will also work harder than when you are resting. The benefits of aerobic activity are felt in your whole body.

## Benefits of Aerobic Exercise:

1. Help your lungs get oxygen through your body.
2. Decreases stress tightness in your body.
3. Increases your energy.
4. Decreases the risk for getting type 2 diabetes.
5. Strengthens your heart.
6. Decreases body fat and increases muscle.
7. Helps with sleep .
8. Makes muscles stronger.

## Aerobic Exercise: What Counts?

### Levels of Aerobic Intensity

1. Light intensity

Light intensity includes things done in daily life. Examples of this are chores, shopping, and cooking. While light intensity work is still good for you, these activities do not count toward aerobic activity goals because your body is not working quite hard enough.

Kinds of light aerobic activity include 30 minutes of any of the following:

* Shopping
* Cooking
* Light chores
* Laundry
* Sweeping the floor
* Washing the dishes
* Making the bed
* Light walking
* Playing catch
* Fishing

1. Moderate Intensity

Medium intensity includes activities where your heart is beating faster. During medium intensity activities you are breathing harder than during daily activities. During these activities you are able to talk but are not able to sing.

Types of medium intensity activity include 30 minutes of any of the following:

* Walking quickly
* Water aerobics
* Ride a bike on flat ground
* Dancing
* Pushing a lawn mower
* Gardening
* Canoeing
* Cleaning
* Exercise without weights
* Golf

1. Hard intensity

Hard intensity activity includes activities where you are breathing hard. Your heart rate is high. It will be hard to say more than a few words before you need to take a breath.

Remember, hard intensity is not always better. You can get the same number of benefits as you can from medium activities. Remember to talk to a doctor before starting a new physical activity.

Types of hard intensity activity include 30 minutes of any of the following:

* Jogging or running
* Swimming laps
* Playing basketball
* Riding a bike on hills
* Hard yard work
* Tennis
* Cross country skiing
* Exercise like push-ups
* Hard hiking

## OR try something NEW!

### Finding new activities, you enjoy will keep your exercise routine fun. Try things such as:

* Bootcamps
* CrossFit
* Zumba
* Team sports
* Aerobics
* Rowing
* Running or jogging
* Country swing dancing
* Latin dancing
* Ballroom dancing
* Dancing
* Martial arts
* Boxing
* Swimming
* Hiking

Come up with some goals:

In the next week I will [add your goal here.]

In the next month I will [add your goal here.]

## Physical Activity Guidelines for Americans.

### The following are Health & Human Services recommendations for aerobic exercise for various age groups.

For the age group 18-64 years old, exercise should happen at least 3 days per week. Those activities should add up to at least 2.5 hours of moderate aerobic exercise or 1.25 hours of vigorous activity per week.

For the age group 6-17 years old, exercise should happen at least 3 days per week. At least 1 hour of moderate or vigorous exercise daily. It does not have to be formal, playing counts too!

For the age group 2-5 years old, playing actively should happen many times every day. There are no specifics on how long it should last, but short times of active play will add up through the day!

## Aerobic Exercise Safety

### It is important to keep safety in mind when doing any type of exercise. To stay safe during aerobic exercise, remember to do the following:

1. Ask your doctor before starting a new exercise routine.
2. Start slowly and build up to the level of activity that you want.
3. Always stretch before and after exercise.
4. Wear proper shoes.
5. Drink lots of water before, during, and after exercise.

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