

Aerobic Exercise



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Fighting Heart Disease & Stroke

What is Aerobic Exercise?

- Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously and is rhythmic in nature.
- It is EXTREMELY IMPORTANT to note, there is no minimum amount of exercise. Exercise for any length of time is beneficial. Small bouts (10 minutes +) will bring about positive changes.

Why do Aerobic Exercise?

- Strengthens our heart and lungs
- Improve cardiovascular fitness
- Improves blood pressure, blood sugar levels and cholesterol levels
- Positive impacts on body weight
- Exercise can increase self-esteem and reduce stress and anxiety

How much Aerobic Exercise should you be doing?

Frequency – 5-7 days a week is the ultimate goal. Start off by doing a few days a week and you can gradually build up over time.

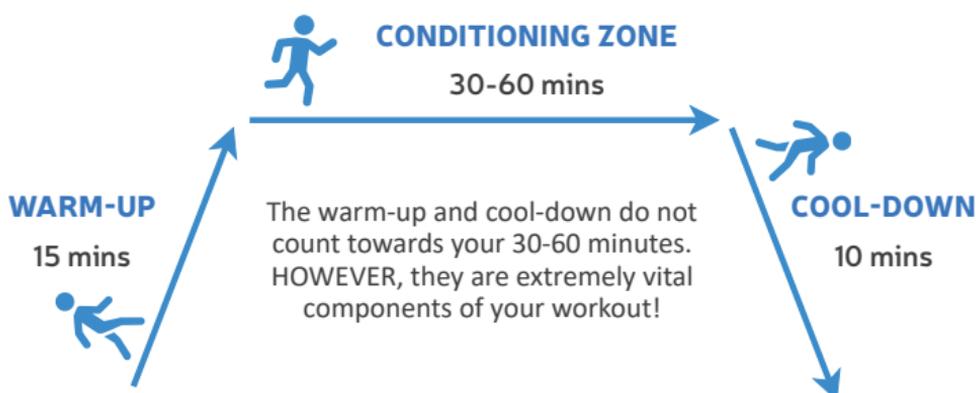
Intensity – moderate. This can be measured by the talk test; you should be able to say a sentence but not hold a conversation.

Time – 30-60 minutes per session. If you are currently inactive, even 10 minutes of exercise will show significant health benefits. The main goal is to reach 150 minutes a week.

Type – exercise that involves large muscle groups and is continuous and rhythmic in nature (e.g. walking, swimming, cycling).



What should an Aerobic Exercise workout look like?



Warm-up – building the intensity up gradually, preparing your body for the main conditioning phase, warming your muscles up and getting the blood pumping.

Cool-down – it is really important that you don't just stop straight away. You need to gradually slow down to avoid symptoms such as dizziness, nausea and chest pain. Make sure to incorporate stretches of the major muscle groups.

What exercise should you be doing?

- The following are considered aerobic exercise:
 - » Walking
 - » Cycling
 - » Swimming
 - » Cardio exercise class
- Other ideas that can also be considered as moderate aerobic activity:
 - » Hoovering
 - » Mopping
 - » Gardening
 - » Cleaning

As long as the exercise gets you out of breath and your heart is beating a bit faster than normal, your body will benefit. You should be able to say a sentence but not hold a full conversation.

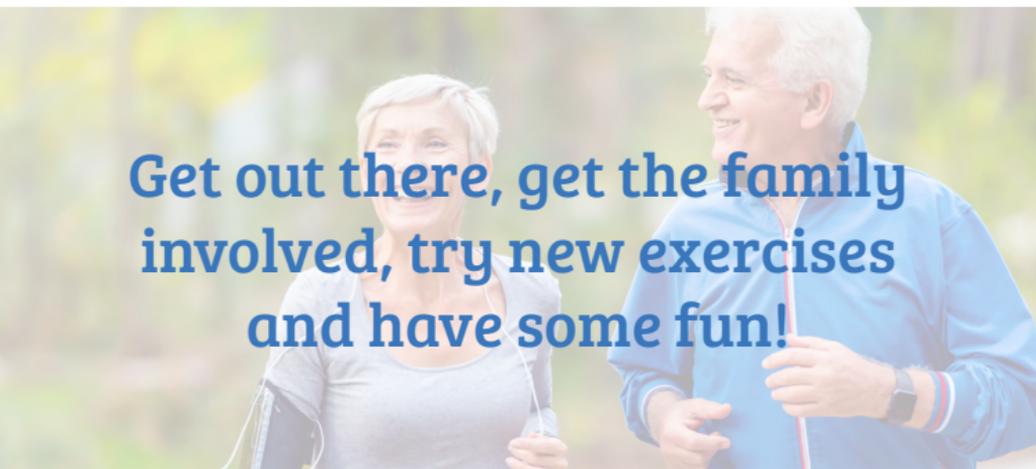
What do I need to be aware of?

If throughout your exercise you experience any changes in symptoms such as chest pain, dizziness or worsening breathlessness it is extremely important to stop what you are doing and seek medical advice. Have a conversation with your local physiotherapist or health care professional.

Where can I find an example of a workout for me?

The Croí aerobic exercise programme is a great place to start, this includes a warm-up, main conditioning phase and cool down. This is a great example of what you can do in your own home. It can be accessed on the Croí website at:

www.croi.ie/aerobicworkout



Get out there, get the family involved, try new exercises and have some fun!



For more health information or to support the work at Croí, the Heart & Stroke Charity, please visit our website at www.croi.ie.

Croí, the Heart & Stroke Charity

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