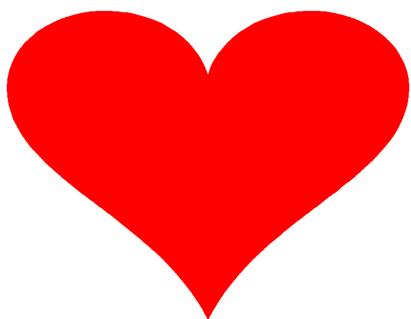


# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +

February is



Heart Month

## Cardio Vascular Exercise & Training

### Introduction

There are three components of fitness: strength, flexibility and cardio vascular. For optimal health and well being each of these components is equally important. However, heart disease and stroke (cardio vascular diseases) are the second and third leading causes of death in Canada (Stats Canada, 2010). In fact , every 7 minutes in Canada someone dies from heart disease or stroke. The Conference Board of Canada in 2010 estimated that heart disease and stroke cost the Canadian economy more than 20.9 billion dollars per year. As a result of these statistics, it is evident that from a life and death perspective, cardio vascular training as a preventative measure, is of paramount importance. This newsletter will discuss what cardio vascular training is and how to go about doing it effectively and safely to gain its maximal health benefits.

**Editors Note:** Please refer to [www.forever-active.com](http://www.forever-active.com) February 2012 newsletter ( <http://forever-active.com/wp-content/uploads/2012/02/February-Newsletter.pdf> ) for comprehensive review of the risk factors and preventive measures for heart disease and stroke and the most current research on cholesterol and its influence on cardio vascular disease.



For more information about heart disease and stroke, the benefits of good nutrition and exercise and suggestions on how to be physically activity please visit; [www.heartandstroke.ca](http://www.heartandstroke.ca) or call 1-888-HSF-info (1-888-473-4636).



### Did You Know

#### Benefits of Cardio Vascular Training

1. Increased ability to deliver and extract more oxygen and nutrients to the working muscles by:
  1. Increasing the heart's ability to pump more blood per heart beat due to a stronger heart muscle.
  2. Increasing the number of red blood cells so there is more oxygen carrying capacity .
  3. Increasing the capillary density, size and number of mitochondria and aerobic enzymes in the working muscles.This means that when you are physically working, the heart does not have to work as hard (it is not stressed) to deliver the necessary oxygen and nutrients to your working muscles. This improves the ability to perform daily activities at higher intensities with greater ease.
2. Decreases resting heart rate which reduces the wear and tear on cardio vascular system
3. Keeps resting blood pressure normal. This lessens the stress on the walls of the veins and arteries in the cardio vascular system which reduces the risk of stroke.
4. Increases HDL (good) and decreases LDL (bad) cholesterol which reduces atherosclerosis (hardening of the arteries).
5. Decreases body fat which reduces the stress on the heart, stress on your joints and the risk of developing type II diabetes.
6. Increases lower limb and core muscle strength which is important for posture and the ability to perform daily activities.
7. Strengthens the bones of the lower extremities which helps reduce the risk of osteoporosis.

## Following the “FITT” program for Cardio Vascular Training

Being active is good, understanding how to be active for optimal cardio vascular fitness is better. Therefore, follow the “FITT” program for cardio vascular training.

**F-Frequency** - how often should you exercise?

**I- Intensity** - how hard to exercise?

**T- Time** - How long should you exercise?

**T- Type**– what sort of activity should you participate in?

**Note-** If you start too frequently or with too much intensity you increase the likelihood of injuring yourself and decrease the chances that you will do activity over a longer period of time. You should **NEVER** train/exercise at maximum effort all the time. Gradually working yourself into better physical condition and giving your body sufficient time for recovery (days off and active recovery days when you exercise at a much lower intensity) are hallmarks of well structured program.

### Frequency

<u>Beginner</u> (Very Low to Low Fitness)	<u>Intermediate</u> (Average Fitness)	<u>Advanced</u> (Above - average Fitness)
1– 3 x’s / week	3 to 5 x’s / week	4 to 5 x’s / week

### Intensity and Time

The intensity of your physical activity will depend on the type of activity you are doing, the goals you have set for yourself and your level of physical fitness.

HR<sub>max</sub> = 220– age

RPE= rate of perceived effort (6– no effort, 20- max effort)

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
<u>Intensity:</u> 55 to 64% HR <sub>max</sub> RPE– 9-12	<u>Intensity:</u> 65 to 74% HR <sub>max</sub> RPE– 12-15	<u>Intensity:</u> 75-90% HR <sub>max</sub> RPE– 13-16
<u>Time:</u> 15-30 minutes	<u>Time:</u> 20-45 minutes	<u>Time:</u> 40-60 minutes +

### Type

For consistency and sustainability it is vitally important that you pick activities that you will enjoy and look forward to doing. That does not mean that they necessarily will be easy to do but they should be enjoyable. Remember, “Success is in the Doing” and if you don’t like what you are doing, you won’t do it for long.

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
Walking, basic fitness classes	Treadmill, spin classes, running	Interval training Competitive sport

## Types of Cardio Vascular Activities

### Why do Cardio Vascular Training /Exercises

Cardiovascular fitness refers to the ability of your heart, lungs and organs to consume, transport and utilize oxygen. The maximum volume of oxygen your body can consume and use is your VO2 Max. When you exercise regularly, you can increase your cardiovascular fitness as your heart becomes more efficient at pumping blood and oxygen to the body, and the body becomes more efficient at using that oxygen.

### The Following are Excellent Forms of Cardio Vascular Activities

**Editors Note**– Before you begin any regular exercise program it is advisable to consult with your doctor to make sure there are no risk factors or contra indications that would prevent you from participating in cardio vascular exercises.

<u>C-V Exercise</u>	<u>Advantage</u>	<u>Disadvantage</u>	<u>Skill Level</u>
<b>Walking &amp; running</b>	- easy to do -convenient - low impact (walking) - low cost	- some find it boring	-low
<b>Stationary Bike (recumbent) &amp; Spin classes</b>	- easy to learn - relatively inexpensive home equipment - can do when weather is poor - non – weight bearing	-some find it boring	- low
<b>Treadmill &amp; Elliptical</b>	- usually easy to learn - low to moderate impact on joints.	- Can be expensive for home use - requires more balance and coordination	- low to moderate
<b>Swimming &amp; aquatics classes</b>	- usually inexpensive - non weight bearing	- higher level skill - can’t do in comfort of home	- moderate to high