

# Cardio-Vascular Fitness

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Cardio-vascular fitness training is also called aerobic training. This is training to develop your body's ability to take oxygen from your lungs, put it into the blood and deliver it to your muscles as they work all day. Your muscles need that oxygen to burn its sugar to produce energy. This is your work endurance.

Simply defined, this training is any physical activity that pushes the heart rate to a high level and keeps it there a minimum of about 20 minutes. This is performed an average of three times per week. The activity must be lightweight, but sustained. Examples include fast walking, running, biking, swimming, rowing, dance, karate, aerobics classes, and cross-country skiing. You will enjoy finding the activity that is right for you.

These do not necessarily require outdoor exercise. A treadmill, stationary bike, or cross-country ski machine set up in front of the TV is a very efficient approach to excellent fitness.

There are some precautions. You can safely start right out on this if you are young and otherwise healthy. If you are overweight, a smoker, over age forty, or have any history of a possible heart or lung problems, then you need the approval of your doctor.

A good way to start is to get a fitness assessment from a physical therapist or other well-trained fitness professional. Your fitness program should be well structured to prevent problems. Each session starts with stretching to prevent exercise injury and to provide a gradual warm up. The actual training activity the proceeds for twenty minutes. This must be followed with a gradual cooling off, not an abrupt end of exercise. Stretching then is repeated to prevent stiffness. By following your fitness program faithfully you will have more energy, improved sleep, reduced stress, and a much happier mood. It also helps with dieting and quitting smoking.

Such a program is not difficult and it does not demand great amounts of time. Besides, we all know that it is definitely worth the effort.