



Aerobic Exercise for Heart Health



Aerobic Exercise

Aerobic exercise is any type of cardiovascular conditioning that involves all the big muscle groups in your body. During cardiovascular conditioning, breathing and heart rate increase for a sustained period of time. Examples of aerobic exercise include walking, swimming laps, running, or cycling.

Your heart is a muscle that needs to be exercised to stay healthy. Aerobic exercise helps your heart stay healthy and even small bouts of exercise help your heart work more efficiently.

Benefits of Aerobic Exercise

- Lowers the risk of coronary heart disease, stroke and diabetes
- Reduces risk of angina and an irregular heartbeat
- Improves cardiovascular fitness
- Strengthen heart and lungs
- Improves blood pressure, blood sugar and cholesterol levels
- Helps manage weight, reduces body fat
- Improves balance, co-ordination and flexibility
- Improves mental health, reduces stress and anxiety
- Helps relaxation and sleep.



WHO Guidelines for Aerobic Physical Activity



At least 150 to 300 minutes of moderate-intensity aerobic physical activity

OR



At least 70 to 150 minutes of vigorous-intensity aerobic physical activity

or an equivalent combination throughout the week

FITT Principle for aerobic exercise prescription

Frequency	Intensity	Time	Type
5-7 days per week	Moderate - You should be able to talk without feeling breathless	30-60 minutes	Walking, cycling, swimming, jogging, rowing, exercise class

Warm up and cool down

Warming up is essential to allow your heart rate to increase gradually and reduces your risk of getting injured and should take 10-15 minutes.

The cool down is essential to prevent abnormal heart rhythms and allow both heart rate and blood pressure to return to normal gradually and should help to prevent muscle soreness and should last approximately 10 minutes

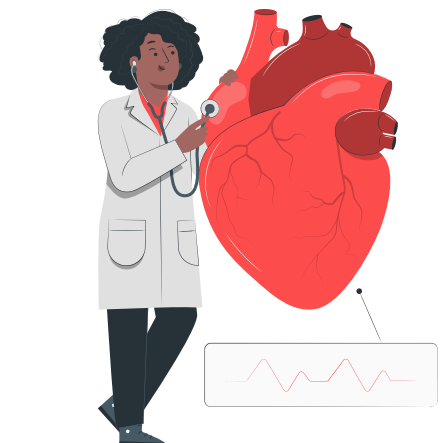
Exercise Ramp

1. Warm up for 10 minutes.
2. **Conditioning phase*** for 30–60 minutes.
3. Cool down for 10 minutes.

***Moderate activity** are activities that get you moving fast enough or strenuously enough to increase your heart rate or activities where you can talk but cannot sing. You may be sweaty, red in the face, short of breath but you should be still able to say a sentence but not engage in a full conversation.

Tips for Success

1. Check with your GP if you have not exercised in a while or if you have been unwell
2. Build up slowly- start with shorter bouts and gradually increase until you are reaching the targets
3. Set goals to keep you focused and plan ahead
4. Find something you enjoy and involve family and friend



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