

IMPORTANCE AND BENEFITS

Cardiovascular activity strengthens the heart and lungs to allow the body to work more efficiently. There are many benefits to completing cardiovascular activities like weight management and loss, reducing blood pressure, reducing cholesterol (lowering the “bad” LDL and increasing the “good” HDL), and more. Increasing your heart rate to safe levels over a sustained period of time (30 minutes is recommended) and even higher for short bursts of time (by adding in intervals), can have huge benefits on your body with helping prevent the onset of many adverse health effects.

AEROBIC AND ANAEROBIC

Aerobic activity uses large muscle groups and increases heart rate to a level that can be maintained consistently. It is rhythmic in nature and the most familiar cardio activities include walking, swimming, or biking. It is safe to complete these activities for a sustained amount of time like 30 minutes.

Anaerobic is a cardio activity that should ONLY be done for a few seconds to a few minutes at a time. It is not an activity that should be sustained for a long amount of time. Oxygen is used up faster than the body can replenish it in this type of activity like sprinting or doing push-ups.

MAKE IT WORTH IT!

While daily activities are great to incorporate into your daily routine (parking further away from entrances), you want to make sure you are completing additional activities (going for a 30 minute walk) to reap the benefits mentioned above. You want to make your hard work count. A method to figure out where your heart rate should be during activity is called the Karvonen Method, and it requires you to find out your resting heart rate.

$220 - \text{AGE} = \text{Maximal Heart Rate (HRmax)}$

$\text{HRmax} - \text{Resting HR} = \text{Heart Rate Reserve (HRR)}$

$\text{HRR} \times \% \text{ of intensity range (typically } 60\% - 80\% \text{ (no pre-existing health conditions))} + \text{RHR} = \text{Target Heart Rate Range (THR)}$ *For hypertension, diabetes, and other conditions, please use 40-60%

intensity range to stay safe.

IN PRACTICE

Example: Individual age 28, with resting heart rate of 66.

$220 - 28 = 192$ (HRmax)

$192 - 66 = 126$ (HRR)

$126 \times 0.6 = 75.6 + 66 = 141.6$ (min HR range)

$126 \times 0.8 = 100.8 + 66 = 166.8$ (max HR range for aerobic activity)

Keep in mind that some medications can alter your heart rate and machines are not always accurate. Best practice is to always listen to your body and how you are feeling. This is also known as your rate of perceived exertion (RPE). For more information, search Borg’s scale of perceived exertion.

