

# Aerobic Exercise

## ***What is aerobic exercise?***

Aerobic exercise is any exercise that challenges your cardiovascular system. It is generally thought of as sustained activity over period of time i.e. running, jogging, swimming. Aerobic exercise stimulates the function of the cardiovascular system which results in improving the body's utilisation of oxygen.

## ***What are the benefits of aerobic exercise?***

The health benefits of aerobic exercise are numerous, they include:

- Reducing the risks and symptoms of numerous cardiovascular and metabolic disorders
- Reducing body fat, decreasing weight gain and reduced blood pressure

## ***Aerobic exercise guidelines:***

- Duration: 20-60 minutes per session
- Intensity: moderate to vigorous
- Frequency: 3-5 session per week
- Mode: running, walking, swimming, cycling, boxing, team sports, circuit training etc.



## ***How to determine intensity:***

- First determine your age predicted maximum heart rate with the following equation:  $220 - \text{AGE} = \text{maximum heart rate}$   
E.g. If you are 40 years old:  $220 - 40 = 180$  beats per minute
- To calculate your heart rate without a monitor, count the pulses on your wrist or neck for 15 seconds, then multiple this by 4. This is your heart rate in beats per minute (bpm).
- Moderate intensity is roughly 60% of your maximum heart rate, whilst anything over 70% is considered vigorous.

**Redimed's Exercise Physiologists are experts in designing and implementing exercise programs to increase your cardiovascular fitness; following a thorough assessment, they can provide supervised exercise sessions and progressive exercise programs that will increase your overall aerobic fitness whilst reducing the symptoms and risks of cardiovascular and metabolic disorders.**



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