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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Start walking for 20
minutes each day or
increase intensity of
your current routine!



**Corporate Bodies
International**

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This fortnight's healthy topic...

Cardiovascular Exercise



What is cardiovascular exercise?

Also known as aerobic exercise, cardiovascular exercise includes any exercise which increases your heart rate, such as walking, cycling, running or swimming. It increases your cardiovascular fitness by increasing blood circulation and, therefore, delivering oxygen to the working muscles.

What are the benefits?

- Assists weight loss
- Healthy blood pressure and circulation
- Healthy cholesterol and blood sugar levels
- Improves quality of sleep and improves mood

What are the recommendations?

The National Heart Foundation recommends 30 minutes of mild to moderate cardiovascular exercise on most or all days of the week. This can be broken into smaller bouts of exercise, such as 3 x 10 minutes. Remember, anything is better than nothing.

Practice safe exercise

Before starting a new exercise regime, or if it has been a long time since you have exercised, consult your doctor. Not all exercise is safe for everyone.

Make sure you stay well hydrated. Be aware of how you're feeling during exercise. Stop immediately if you are feeling dizzy or light headed.

Tips for effective exercise

- Make sure you warm-up effectively to avoid injury.
- Stretch after exercise to improve recovery, reduce muscle soreness and tension, and decrease injury risk.
- Compliment your aerobic exercise with strength training so your muscles are up to the challenge.
- Wear suitable clothing and shoes for exercise.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**