

Improved Heart Health

**** Aerobic exercise makes the heart beat more rapidly and more powerfully. This strengthens the heart muscle and improves its efficiency. Aerobic exercise is also thought to protect the body against the build up of fatty deposits in the arteries which can lead to heart disease. ****

FITT FORMULA

F requency:	3 to 5 times a week
I ntensity:	within your Aerobic Zone* (beginners at the lower end)
T ime:	15-20 minutes of continuous activity
T ype:	<u>Any</u> activity that gets your heart rate into your Aerobic Zone* and keeps it there for 15-20 minutes (ie. cycling, swimming, roller blading, walking, skiing, etc.)

Aerobic Exercise Facts

* Please see back for handy tips on determining your Aerobic Zone. → → → →

- Regular aerobic exercise usually leads to a fall in resting blood pressure.
- One's age, sex, race, and heredity are risk factors that cannot be readily controlled. However, proper diet and exercise offer some protection against the early appearance of heart disease.
- Regular aerobic exercise will energize you and give you that "get up and go" you've been looking for!



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