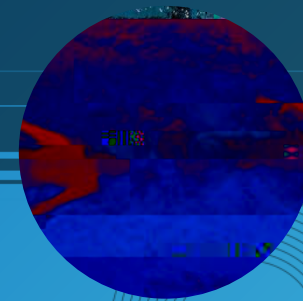
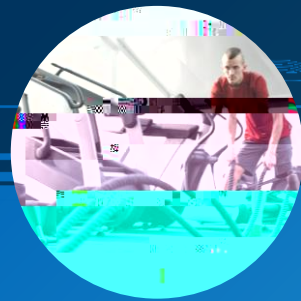


Including Effective and Exciting Cardio in your Exercise Routine



Jessica Curran, PT, DPT

Board-Certified Orthopedic Specialist

Clinical Manager



Health Benefits of Cardiovascular Exercise



How Much Cardio Should I do?



At least 30 minutes of moderate-intensity aerobic activity
at least 5 days per week for a total of 150 minutes

OR

At least 25 minutes of vigorous-intensity aerobic activity
at least 3 days per week for a total of 75 minutes

OR

or a combination of moderate- and vigorous-intensity aerobic activity

AND

Strength Training: Moderate- to high-intensity muscle strengthening activity
at least 2 days per week

Examples of Moderate Intensity Exercises



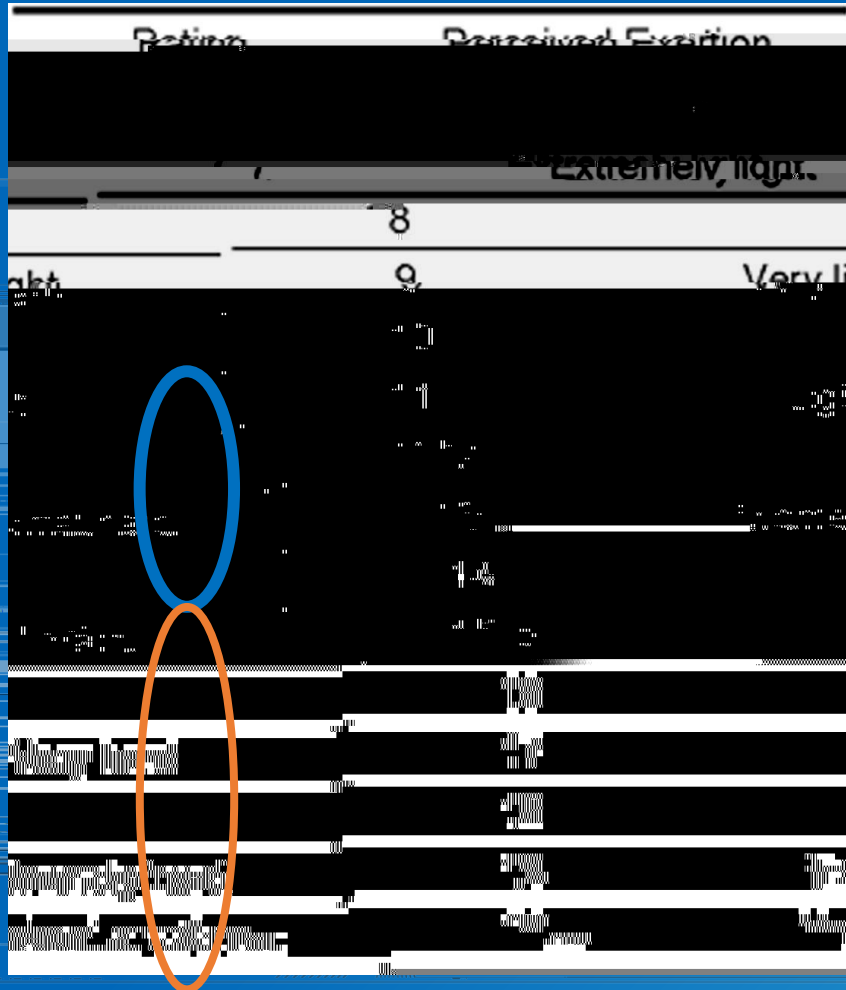
- Moderate walking pace of 3-4.9 mph
- Hiking
- Bicycling 5-9 mph
- Tennis- Doubles
- Aerobic Dancing
- Water Aerobics
- Yoga
- Golf
- Badminton
- Horseback Riding
- Raking the Lawn
- Moderate Housework

Examples of Vigorous Intensity Exercises



- Racewalking or jogging faster than 5 mph
- Backpacking
- Roller skating
- Walking briskly up a hill
- Bicycling more than 10 mph
- Karate
- Jumping Jacks
- Rowing Machine
- Tennis- Singles
- Swimming- steady laps
- Snow Shoveling
- Most Competitive Sports

Borg Scale: Rate of Perceived Exertion



o Your report of how hard your body is working.

o Example:

Perceived exertion of "somewhat hard" = Rating of 13

o Moderate Activities = 11-14

o Vigorous Activities = 15 or greater

Karvonen Formula: Example Calculation



How to support building a new habit



1. Start small
2. Make it personal to you
3. Reward your efforts
4. Allow room for failure
5. Be patient. Stick to a pace

Strategies for Maintaining Change



- Pencil in time for yourself
- Focus on one change at a time (exercise, diet, mindfulness)
- Have realistic expectations
- Everyone has a bad day
- Variety is the spice of life- and fitness

Technology for Tracking and Motivating



Any questions or comments?

Thank you!!

Jessica Curran, PT, DPT
Shirley Ryan Abilitylab
jcurran@sralab.org