

CARDIOVASCULAR EXERCISE

Cardiovascular exercise is often referred to as stamina or aerobic exercise and is the type that is most associated with improved health.

BENEFITS OF CV EXERCISE

- Improved efficiency of the heart
- Improved efficiency of the lungs
- Reduced risk of coronary heart disease (CHD)
- Weight bearing CV exercise, especially with impact can help build bone density, which can reduce the risk of Osteoporosis in later life.
- Reduce obesity which is linked with CHD and diabetes.
- Help reduce high blood pressure
- Improves nerve responses
- Boosts the immune system
- Boosts self-esteem
- Has a stimulating effect on metabolism
- Reduces stress

EXAMPLES OF CV EXERCISE

- Walking / Jogging
- Stepping
- Rowing
- Cycling
- Cross Trainer
- Aerobics / Step Classes

THE ULTIMATE CALORIE BURNER

Cardiovascular exercise is an excellent way of burning off calories, The more frequently and the harder you exercise the more calories you will burn. Also, your metabolism will remain higher for up to 12 hours after exercise.

If you maintain an exercise programme you will boost your resting metabolic rate (the amount of calories your body burns off at rest) and may be capable of burning off up to double the amount of calories per minute, which in turn will boost weight loss.

MUSCULAR STRENGTH & ENDURANCE

Strength gains come from resistance - how much weight you can lift. Endurance is achieved through repetition - how many times you lift a weight in succession. We can improve our strength and endurance by incorporating a variety of resistance exercises into our fitness regime.

BENEFITS OF INCREASED MUSCULAR STRENGTH & ENDURANCE

- Strengthens joints
- Improves posture
- Changes body composition (ratio of muscle to fat)
- Improves shape
- Improves the strengths of connective tissue ie. tendons
- Helps to build bone density so can help reduce the risk of Osteoporosis
- Helps the body to cope with every day chores ie. lifting and carrying

EXAMPLES OF MUSCULAR STRENGTH & ENDURANCE EXERCISE

- Free weights
- Fixed weights
- Resistance bands
- Using body weight ie. push ups

UNDERSTANDING RESISTANCE TRAINING METHODS

REPETITION

Each complete movement you perform is called a repetition.

SET

A set is the name given to a group of repetitions.

MUSCULAR STRENGTH

If your aims are to improve muscular strengths and muscular development you need to use heavier weights and perform less repetitions.

MUSCULAR ENDURANCE

If your aim is to improve muscular endurance you need to use lighter weights and perform more repetitions.

WEIGHT MANAGEMENT

Maintaining an exercise programme that incorporates resistance training may result in a change in your body composition (ratio of muscle to fat) as it helps to increase muscle density (muscle density being an increase in the number of muscle fibres, not necessarily an increase in muscle size).

DENSER MUSCLES = INCREASED METABOLISM = FAT LOSS

Another thing to be aware of is that muscle and bone tissue are heavier than fat, so your weight on the scales may not change, but you could be losing fat. Rather than using weighing scales use a tape measure or clothes size.



CARDIOVASCULAR EXERCISE (CV) AND RESISTANCE TRAINING

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