

AEROBIC EXERCISE

Aerobic exercise helps you to keep in good shape. It gets your heart going and burns calories. If you want to lose weight or just get in shape, aerobic exercise is for you!

WHAT IS AEROBIC EXERCISE?



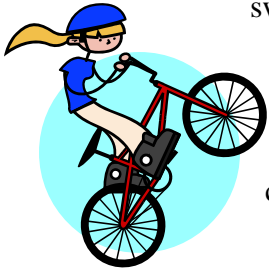
- *it is constant exercise (not stop and go)
- *it lasts at least 20 minutes (more than 30 minutes if you are trying to lose weight)
- *it keeps your heart rate around 140-160 beats per minute (work up a sweat!)

Take your heart rate by feeling your pulse in your neck or your wrist. count your pulse for 60 seconds (or 6 seconds and multiply by 10)

You should do aerobic exercise at least 150 minutes a week

TYPES OF AEROBIC EXERCISE

walking fast (or uphill)



- swimming or riding a bike
- running, jogging or dancing
- soccer or basketball
- jumping jacks or jump rope
- roller blading or ice skating
- cross country skiing or rowing



ACTIVITIES THAT ARE NOT AEROBIC (but still good for you!)

football, baseball, volleyball
weight lifting
downhill skiing, golf



TELL YOUR PROVIDER IF YOU HAVE TROUBLE BREATHING, CHEST PAIN, COUGHING, LIGHTHEADEDNESS, OR SKIPPED HEART BEATS WITH EXERCISE.

HAVE FUN AND GET THAT HEART RATE UP THERE!