










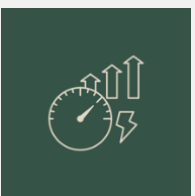




Getting Started with Cardio

JB PAL – POWER ABILITY LEARN

	Cardio = cardiovascular exercise
	It makes your heart-beat faster and work harder.
	It is important for your health and life.
	Running is good, inside, or outside.
	Walking outside is great, walking every day can make you healthier.
	Cycling can be inside or outside. You don't need to worry about your balance on an indoor bike.

	<p>Swimming is great for your joints and heart.</p>
	<p>Cardio classes are fun to do with friends. You can try new things too!</p>
	<p>Rowing is good for your whole body, muscles, and heart. You need to practice.</p>
	<p>Elliptical machine is good for your whole body and is easy to do.</p>
<p>FITT</p>	<p>You can use FITT to help you with your plan and goals.</p>
	<p>Frequency – how often you do it.</p>
	<p>Intensity – how hard you work.</p>

	Time – how long you do it.
	Type – what activity you are doing.

30-minute example Workouts

 	3-minute walk 3-minute run Repeat 10 times
	5 minute warm up 20 minutes cycling fast 5 minute cool down
	8 lengths then rest for 1 minute Repeat until finished 30 minutes
1  2 	Slow rowing for 3 minutes Faster rowing for 3 minutes Repeat 10 times
	30-minute steady