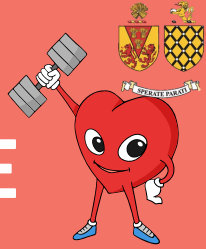


# 10 WAYS TO IMPROVE YOUR CARDIOVASCULAR ENDURANCE



## START YOUR WORKOUTS WITH A GENTLE WARM UP

Warming up prepares your body for exercise and prevents injury.

Start with a pulse raiser and then complete stretches. These should be held for **8-10 seconds**



## THINK ABOUT THE BENEFITS

There are so many positives to maintaining good cardiovascular endurance:

- Healthy heart and lungs
- Lowered risk of disease
- Stronger immune system
- Managed weight
- Better mental health

## SWITCH BETWEEN HIGH AND LOW IMPACT ACTIVITIES

This allows your muscles to recover and prevents injuries. Do a high-impact activity like running 1 day, then do a low-impact cardio exercise like swimming the next time you work out.

## GRADUALLY ADD PROGRESSIVE OVERLOAD TO YOUR WORKOUTS

Progressive overload is the gradual increase of frequency, intensity and time. This challenges you and allows your cardiovascular system to improve.

Try **'Couch to 5k'** - A 9 week running programme for beginners.



## CONSIDER ALL YOUR DAILY 'NEAT' ACTIVITIES

'NEAT' stands for **Non-Exercise Activity Thermogenesis**.

It refers to the energy used throughout your day that isn't formal exercise.

Examples of NEAT include washing the car, gardening, carrying shopping, using a standing desk etc.



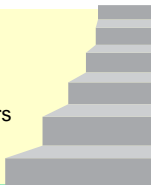
Take a brisk walk instead of a leisurely stroll



Add variety to your workouts  
See below



**Take the stairs**  
Choose the stairs rather than escalators and lifts



Pick cardio activities you enjoy. Add variety to your exercise schedule. Here are some examples of activities that will improve your cardiovascular endurance:



Running



Rowing



Swimming



Cycling

## BE CONSISTENT AND RESILIENT

The best way to get results is to create a routine and stick to it. Improving your cardiovascular endurance is not easy and will require hard work, dedication and perseverance.

