



Name _____

Cardiovascular Exercise

This learning activity aligns and contributes to the achievement with National Education Standards 1 and 7 and GEORGIA PERFORMANCE STANDARDS HE7.7, HE8.1, and HE8.7.

DIRECTIONS: *Read the paragraphs. Then answer the questions.*

Cardiovascular exercise or “cardio” is an activity that specifically engages the large muscles, like the ones in your legs, and helps make your heart and lungs stronger. It has lots of health benefits like lowering high blood pressure, and burning calories for losing excess weight. It is also known as **aerobic exercise** because the word “aerobic” simply means “something that needs oxygen”. Outdoor aerobic activities include running, walking, jogging, bicycling, jump roping, and swimming. Indoor aerobic activities include using treadmills, stationary bicycles, rowing machines, and stair climbers.

To give your heart a proper workout, you need to make sure that you do cardiovascular exercise with a certain amount of intensity. Don’t overdo it. One way to measure the amount of exertion while exercising is by counting your heart rate.

Heart rate is the number of times your heart beats per minute. Everyone has a **resting heart rate**, which is the number of times your heart beats in a minute when you’re resting. To manually calculate your heart rate, take your pulse. Place your index and second fingers of one hand on to the wrist of your other hand. Position the fingers just below the base of the thumb to take the pulse of your heartbeat. Count the number of beats that you feel for 30 seconds, and multiply that number by 2 to get your heart rate. Everyone also has a **maximum heart rate** too, which is the most number of times your heart can beat per minute. You can calculate this by subtracting your age from 220. Your **target heart rate zone** is a range of heart rate that is needed to give your heart a good workout. This is usually between 60% and 85% of your maximum heart rate.

1. What are some of the health benefits of a cardiovascular workout?

2. Define aerobic.

3. What is your favorite form of aerobic exercise?

4. What is your heart rate at the present moment?

5. What would be your pulse rate if you were exercising at 60% of your maximum heart rate? Show your work by filling in the blanks below and doing the calculations.

a. $220 -$ _____ (your age) $=$ _____ (your maximum heart rate)

b. _____ (Your maximum heart rate) $\times 0.60 =$ _____ (your pulse rate at 60% of your maximum heart rate)