**Cardiovascular Endurance**

Cardiovascular endurance is the ability of the heart, lungs, and circulatory system to supply oxygen and nutrients to working muscles efficiently. It allows activities that involve large muscle groups (walking, running, swimming, biking, etc.) to be performed over long periods of time. From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.

Benefits of Cardiovascular exercise activities

* Reduce your risk of heart disease
* Stronger and more efficient heart (increase stroke volume)
* Lower heart rate at rest, during exercise and recovery
* Lower blood pressure at rest, during exercise, and recovery
* Lower cholesterol (lower total, raise HDL)
* Improved body composition, burn fat
* Help you look and feel better
* Improved ability to perform work, faster recovery
* Maintenance of a healthy heart and cardiovascular system
* Increase circulation and improve performance of your heart and lungs

**4 Characteristics of Cardiovascular Activity**

1. Large Muscle Groups – the larger the muscle mass involved, the better the activity.

2. Rhythmic – you can regulate the pacing of the activity (slow down or speed up) and still perform the exact task.

3. Continuous – the activity is sustained over time.

4. Aerobic – the nature of the activity is dependent upon the strength and efficiency of the heart supplying oxygen.

**F.I.T.T. Principle**

When developing a personalized plan to improve ones cardiovascular fitness (towards optimal health), the FITT plan should be followed.

**F = Frequency** 5 days a week

**I = Intensity** 60%-85% of your maximum heart rate (in your target HR zone)

**T = Time** at least 30 minutes continuously

**T = Type** Aerobic activities using large muscle groups

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Maria is a middle school student who spends too much time in front of a TV and phone screen. Maria’s overall level of fitness is low.

• Create a cardiovascular endurance plan for Maria using the FITT principle that would help her to improve her level of fitness in this component. Use your own examples for each.

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| **Health-related fitness component: Cardiovascular Endurance** |
| **F:** |
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| **I:** |
|  |
| **T:** |
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