

AEROBIC EXERCISE

Aerobic exercise is the perfect answer if you want to lose weight or just get in shape! It gets your heart going and burns calories at the same time.

What Is Aerobic Exercise?

- Constant (not stop-and-go) exercise
- Lasting at least 15 minutes (20–30 minutes is best)
- Keeps the heart rate at 140–160 beats per minute (about $\frac{3}{4}$ your maximum heart rate)

Types of Aerobic Exercise

- Walking (fast enough to work up a sweat)
- Running or jogging
- Swimming
- Aerobic dance classes; dancing
- Soccer or basketball
- Jumping jacks or jump rope
- Roller blading; ice skating
- Cross-country skiing; rowing

How Much Aerobic Exercise?

You should do aerobic exercise at least 3 or 4 times a week, for 10 to 60 minutes each time. It is a good idea to “cross-train”—mixing two or more different exercises. Especially important is to alternate forms of high-impact exercise (running, dance, tennis, etc.) with low-/moderate-impact exercise (walking, swimming, stair-climbing, etc.).

How Intense?

The intensity of your workout can be measured in three ways:

- Heart rate—Feel your pulse, either in your neck or your wrist. Count for 60 seconds.
- “Talk test”—You should be able to talk comfortably while exercising
- Perceived exertion level—simply how hard the exercise feels to you

Remember that moderate intensity is almost always the best.

Tell Your Doctor

If you have shortness of breath, chest pain, coughing, lightheadedness, or heart palpitations.