

WHY VIGOROUS AEROBIC EXERCISE TO PREVENT HEART DISEASE



Did You Know that Better Cardio Fitness Predicts a Longer Life

Aerobic fitness is your ability to do aerobic work. It is your exercise capacity.

Having good cardiovascular fitness has many health benefits as mentioned, but did you know that there's no such thing as too much aerobic fitness, according to a large new study, which found no upper limit to the benefits of aerobic fitness in terms of reducing risk of death (**see study**). Women with a greater exercise capacity on a heart stress test had a lower risk of dying from heart disease and other conditions. The study found poor exercisers were twice as likely to die from cancer and more than four times as likely to die from other causes, compared to women on a higher fitness level.

Women with good exercise capacity were able to exercise at an intensity of 8-10 metabolic equivalents (METs) or better during a stress test. Anything over 6 METs is considered vigorous exercise for most. Running a 12 to 10-minute mile is about 8-10 METs or 5 to 6 mph. Mountain biking uphill is 14 METs (**see charts here**). Most exercise machines have a MET indicator. One of our exercise test that we recommend is one where you determine your Peak Mets (**See Exercise Machine METS Test**). The higher your Peak METS that you can achieve and sustain for three or more minutes the better. You should strive for an aerobic fitness level where you are able to reach or exceed 5 METS (**see study**) for 3 or more minutes when being tested. That is a walking speed of 3.7 to 4 mph.

The Fitter You are the Longer You Will Live!

So how can you improve your cardiovascular fitness?

Well of course exercise. Moderate exercise (like walking casually) delivers some enhancements such as reducing stress and chronic inflammation and aids in keeping weight off. But to improve your aerobic fitness substantially you need to increase the intensity above what you are use to and make it more vigorous (breathing and speaking changes). That is where you pick up the pace and walk briskly if you are walking moderately for exercise or speed it up at points if you are running, biking, or doing other activities.

**Pick Up the Pace, Make it More Vigorous at Points
(breathing and speaking changes)
30 to 60+ seconds for one or more times**

Moderate exercise can be done almost every day (brisk walking). You should strive for a least 10 to hopefully 30+ minutes a day (a good goal is 150+ minutes per week). I would suggest trying to get 5 to 30 minutes (75 to no more than 150 minutes per week) of vigorous exercise as well. I would not do it more than 2-3 days per week.

Try to do a combination of moderate and vigorous exercise by finding the activities that suits you and progress at your pace.

**FIND WHAT SUITS YOU - WALK, JOG, BIKE, ELLIPTICAL
WALKING REAL FAST = JOGGING**

There are great benefits from a little bit of exercise, even if it doesn't increase your fitness to a high degree. We recommend talking to your doctor before starting a vigorous exercise program and listen to your body and stop if something doesn't feel right.