

# Move your own way

Different types of exercise and why variety is important

## Cardio

It is recommended to complete 150 minutes of cardio per week

### Moderate intensity

- Heart rate between 50%-70% of your max heart rate
- Sweat a little and breath harder
- Examples: running, hiking, biking, swimming, fitness classes

### Vigorous intensity

- Heart rate above 70% of your max
- Sweat and feel out of breathe
- Examples: sprints, some forms of resistance training, and high-intensity interval training (HITT)

## Benefits of Cardio

- Improves cardiorespiratory and pulmonary health, measureable by a lower resting heart rate
- Reduces blood pressure
- Reduce risk of a stroke, heart disease, and eventual heart attack
- Increases circulation
- Lowers the risk of diabetes

## Resistance training

Try to do resistance training at least twice a week

### Strengthening

- Can use body weight, free weights, cable pulleys, elastic resistance bands or weight machines
- Repetitions and sets depend on personal goals

## Benefits of resistance training

- Increases muscle mass, endurance, and strength
- Ramps up your metabolism through increased muscle mass and also burns fat
- Increases bone density
- Builds good posture
- Strengthens joints thus reducing muscular imbalance issues

## Flexibility

Do Flexibility training four to seven times per week

## Mobility

- Compromised mobility can limit your range of motion, and stunt your fitness goals, or in the worst case can lead to injury down the line.
- Examples: yoga, pilates, foam rolling, stretching

## Benefits of Flexibility

- Increases range of motion
- Releases tension physically and mentally
- Supports spinal musculoskeletal health
- Improves mobility
- Reduces the risk of injury associated with other exercises and movements

The more time spent being active, the better