

# LIVING FIT! WITH *Cardiovascular Exercise*

## **What is cardiovascular exercise?**

- ▶ Cardiovascular exercise also is known as aerobic exercise
- ▶ Aerobic exercise is moderate intensity exercise performed for extended periods of time
  - Moderate intensity exercise = you are able to carry on a conversation, but not sing (the “talk” test)
- ▶ Make an activity aerobic by performing it continuously for at least 10 minutes and maintaining moderate intensity<sup>1</sup>
- ▶ Gain greater benefits and improve endurance and fitness by increasing the length and frequency of exercise sessions<sup>1</sup>
- ▶ Examples of cardiovascular exercises:
  - Brisk walking, jogging, or running<sup>2</sup>
  - Swimming laps<sup>2</sup>
  - Active recreation: canoeing, hiking, biking, cross-country skiing, rollerblading, tennis<sup>2</sup>
  - Some martial arts<sup>2</sup>
  - Vigorous dancing<sup>2</sup>

## **Why should I do cardiovascular exercises?**

- ▶ Strengthens heart, lungs, muscles<sup>1,3</sup>
- ▶ Burns calories<sup>1,3</sup>
- ▶ Weight control reduces stress on muscles and joints<sup>1,3</sup>

## **How do I safely exercise?**

- ▶ Always check with your healthcare provider first
- ▶ Protect yourself using appropriate gear and make sensible choices about when, where and how to be active<sup>4</sup>
  - See “Playing It Safe” booklet from the National Hemophilia Foundation for more information



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► Think . . .



- **Start low:** Begin with easy, low intensity and short duration
- **Progress slow:** Increase intensity and duration slowly to prevent injury
  - Monitor intensity by taking the “talk” test
    - You should be able to talk, but not sing, during the activity
- **Pain “No!”:** If you are new to an exercise, you may feel some discomfort as your muscles are working and stretching. You should work through this discomfort at first, but be aware that increasing pain is a warning signal which means some body part is being misused or injured. Slow down if you feel increasing pain.
  - If you get a bleed, follow the treatment recommendations of your healthcare provider
    - **RICE: Rest, Ice, Compression, Elevation!**
  - Resume activity slowly and without pain under the advice of your healthcare provider
- **Goal = Six - “0”:** Beginners should start with 10 minutes of cardiovascular exercise and gradually increase to 60 minutes at least 3 times a week as part of your 60 minutes of activity every day.<sup>1,2</sup>
  - Example: start with 10 minutes of cardiovascular exercise once a day, then increase to 2 or 3, 10-minute bouts of activity every day
- **Ready? GO!**

1 US Department of Health and Human Services. 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS. Washington, DC: US Dept of Health and Human Services; 2008. ODPHP Publication U0036.

2 Centers for Disease Control and Prevention. Physical activity for everyone. [http://www.cdc.gov/physicalactivity/everyone/guidelines/what\\_counts.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/what_counts.html). [March 2, 2010]

3 Avery D. Faigenbaum, William J. Kraemer, Cameron J.R. Blimkie, Ian Jeffreys, Lyle J. Micheli, Mike Nitka, and Thomas W. Rowland. Youth Resistance Training: Updated position statement paper from the national strength and conditioning association. *Journal of Strength and Conditioning* 2009.

4 Playing It Safe. Bleeding Disorders, Sports and Exercise. National Hemophilia Foundation 2005.