

CARDIOVASCULAR FITNESS

BUILDING ENDURANCE FOR A STRONGER HEART & HEALTHIER LIFE

1 THE PROBLEM



Declining cardiovascular fitness with age



Reduced endurance and stamina



Increased fatigue with daily activities



Higher risk of:

- Heart disease
- Poor metabolic health
- Loss of functional independence

2 WHY IT MATTERS



Strengthens the heart muscle



Improves circulation & oxygen delivery

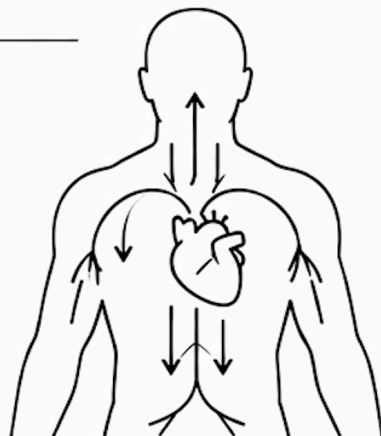


Enhances energy production



Supports:

- Fat metabolism
- Blood sugar control
- Longevity



A STRONGER HEART = BETTER ENDURANCE, METABOLISM, AND QUALITY OF LIFE

3 THE BREAKDOWN



ZONE 2 CARDIO (STEADY STATE)

- Moderate intensity
- You can talk comfortably (talk test)
- Builds aerobic base
- Improves fat utilization and endurance



EXAMPLES



Brisk Walking



Cycling



Swimming



Light Jogging



HIIT (HIGH-INTENSITY INTERVAL TRAINING)

- Short bursts of high effort
- Followed by recovery
- Improves VO₂ max and performance
- Time-efficient



EXAMPLES



Sprint Intervals



Bike Intervals



Rowing Intervals

4 ACTION STEPS



ZONE 2 CARDIO
At least 4 days per week
30–60 minutes



HIIT TRAINING
1–2 days per week
10–20 minutes



KEY PRINCIPLES

- Start gradually
- Progress over time
- Stay consistent

5 COMMON MISTAKES



Doing only high-intensity training



Avoiding cardio altogether



Inconsistent weekly routine



Training too hard, too soon



Ignoring recovery

6 THE END RESULT



Increased endurance and stamina



Stronger, more efficient heart



Improved metabolic health



Better energy for daily life



Enhanced longevity and independence



IMPORTANT
Always seek guidance from a qualified healthcare professional before starting any cardiovascular training program.



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