

CARDIO TIPS



VALOR

OFFICER SAFETY AND
WELLNESS INITIATIVE

BUREAU OF JUSTICE ASSISTANCE

DO SOMETHING

Cardio training is critical
to physical fitness



- Elevate your heart rate for 150 minutes a week (about 30 minutes a day, five days a week)
- Your fitness routine doesn't have to be expensive
- Alternate cardio and strength training
- Include family and friends in your cardio training for bonus bonding time
- Challenge your children to a jumping jack or rope jumping contest
- Invite a neighbor for a brisk walk and catch up
- Dancing, skiing, and skating are great cardio options
- For lower impact workouts, try swimming and cycling

If you don't have an exercise plan, talk to your doctor before starting one and set modest goals



TAKE THE VALOR CHALLENGE

Identify and commit to doing three things for your physical fitness

