CARDIO TIPS



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



This project was supported by Grant No. 2019-VI-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics; the National Institute of Justice is a Component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics; the National Institute of Justice; the Office of Justice and Delinquency Prevention; the Office for Victims of Crime; and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.