## 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



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