

Name: _____

Block: _____

Date: ___/___/___

FITNESS HOMEWORK : **Cardiovascular Exercise**

Benefits of Cardiovascular Exercise

There are many health **benefits of cardiovascular exercise**. It can also have a number of psychological benefits - it can help you feel stronger and more capable, happier, more energetic, etc.

It can burn a lot of calories

One of the benefits of cardiovascular exercise is that it is a good way to burn calories. Still, to lose weight with cardiovascular exercise - you need to do it for longer periods of time and more frequently to lose weight. It is best to try and both decrease your caloric intake and start a cardiovascular exercise program at the same time.

Can raise you metabolic rate

Some studies have shown that with regular cardiovascular exercise your resting metabolic level will increase. This is one way in which it can help you to lose weight.

Decreases Risk of cardiovascular disease

Some research suggests that even just walking 20 minutes, three times a week and can lower your risk of heart diseases

Assignment – Physical – 30 min. cardiovascular workout of your choice.

Activity: _____

Parent Signature (Required): _____

I participated with my child: Yes _____ **(.5 extra credit) No** _____

1) What lowers your risk of heart disease?

2) How does a cardiovascular workout help you lose weight?

3) List three benefits of cardiovascular exercise.