

Spring into action with a cardiovascular activity routine

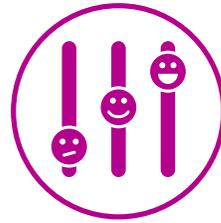
Cardiovascular fitness (also called aerobic fitness) is your body's ability to use oxygen to produce energy during physical activity.

Here are 6 ways that participating in cardiovascular activity benefits your mind and body:



Improves overall health

Consistently performing cardiovascular exercise strengthens your heart and vessels, allowing blood to be pumped and moved more efficiently throughout the body. This can improve your blood pressure and reduce your risk of many diseases.



Elevates mood

When engaging in physical activity, your body releases hormones and neurotransmitters, such as endorphins, which keep you feeling good.



Helps with weight management

Cardiovascular exercise is great because you can burn a lot of calories in one single session, helping you better manage your weight.



Improves quality of sleep

Who can say they don't want a better sleep? Cardiovascular exercise can improve sleep quality and even improve energy levels throughout the day.



Enhances cognition

Everyone knows exercise makes your body stronger, but did you know it keeps your brain strong too? It has been found that performing cardiovascular exercise can improve cognitive function skills like attention, problem-solving, and memory.



Helps decrease fall risk

Participating in cardiovascular exercise can decrease the risk of falls by increasing balance and improving muscular endurance. It also decreases the cognitive decline typically seen with aging.

Looking to start a cardiovascular fitness routine?
A Lifemark clinician can help. **Contact your local clinic today.**

Note: Please check with your primary healthcare provider before starting a new activity program.