

How Much Cardio?



Cardio is essential for losing weight, maintaining weight, and for maintaining overall good health. It relieves stress, improves your cardiovascular health, and increases your endurance. It also helps to increase flexibility, bone strength, and improve blood pressure and posture. But how much do you need?

The average person should spend about **60 minutes a day most days of the week** participating in moderate to vigorous physical activities. This includes walking, biking, weightlifting, doing yardwork, and even cleaning the house.

If you are splitting your time between lifting weights and doing cardio (treadmill, bike, elliptical), you should aim for at least 30 minutes of cardio before or after you lift weights. You can even divide the time into 10 minute segments. The objective is to **keep moving** and get your heart rate up – to be constantly improving!

For weight loss, time and frequency of cardio workouts are very important, because it helps you burn extra calories and sugars. For about the first 20 minutes of a cardio workout, your body burns carbs. Then, it switches into fat-burning mode. So, **doing at least 30 minutes before or after weight lifting is a must!**

Frequency is important, because you need to keep burn calories throughout the week. You put food in your body during the day to keep your metabolism up, but you need to burn off the calories also. If you can picture a “waiting room” for your calories, when you eat, your calories go into the waiting room for about five days. If they are not used by your body for energy, they are put into storage (fat), but if they are used, no big deal-no fat stored! So, getting **a cardio workout 5-6 days a week is essential to keep burning** your “waiting room” calories.



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