

**Cee Bee Active**

# Week 1: Cardiovascular Health

- **Option 1:** Go for a 30 minute walk or run 4-5 days out of the week.
- **Option 2:** Take your dog on a 30 minute walk each evening after school.

According to [betterhealth.vic.gov.au](https://betterhealth.vic.gov.au), “Just 30 minutes of walking every day can **increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance**. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.”



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- **Option 3:** Ride your bike for 30 minutes around your neighborhood, or take a trip to the Rail Trail in Morgantown for more scenery during your ride. <https://montrails.org/rail-trail-maps/>

According to betterhealth.vic.gov.au , “Cycling **strengthens your heart muscles, lowers resting pulse and reduces blood fat levels**. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function



# Why Cardiovascular Health?!

Cardiovascular health refers to the health of your heart and blood vessels. Probably the most important reason to maintain good levels of cardiovascular activity is to ensure that your heart is healthy and functioning properly. By maintaining high levels of cardiovascular endurance, you can reduce your risk of various diseases such as diabetes, stroke and heart disease. In terms of physical health, cardiovascular exercise can also help to maintain a healthy body weight and prevent early onsets of obesity.

