Maintaining Cardiovascular Fitness as we get older

What is happening? Age-related changes impacting the ability to provide oxygen to our exercising muscles include; decreased maximum heart rate, narrowing and stiffening of the arteries, decreased blood volume, poor posture, rib cage stiffness, and weaker respiratory muscles. Regular cardiovascular exercise limits these changes, improves your overall health, and keeps you competitive in your sport!

Improving your diet will improve your cardiovascular health
Multiple 10-min exercise 'snacks' will improve cardiovascular fitness
A good warm-up and cool-down are important for safe aerobic exercise

How to improve! Use the FITT-VP principle described below;

**F**requency - At least; 5 days per week moderate intensity exercise OR 3 days per week high intensity exercise OR 3-5 days per week mixed intensity exercise

**I**ntensity - Moderate intensity = 5-6 on a 10-point scale - 'can talk but not sing' / High intensity = 7-8 on a 10-point scale - 'can only say 2-3 words before a breath'

**T**ime - 30-60 min per day of moderate intensity exercise OR 20-60 min per day of high intensity exercise OR 30-60 min per day of mixed intensity exercise

**T**ype - Regular, purposeful, continuous or intermittent exercise involving major muscle groups (skipping, running, cycling, high intensity interval training, etc.)

**V**olume - At least 150-min per week, >300-min per week for the best results

**P**rogression - ‘Start low, go slow’, but keep upping the challenge; try high intensity interval training and decreasing your rest breaks between each interval!

To receive a cardiovascular exercise program specifically for you, find a local physical therapist www.ChoosePT.com
High intensity interval training for Athletes 50+

BEGINNER EXERCISE
Step up and down a standard height step as fast as you can comfortably sustain for 30 secs
Rest for 1 min. Repeat x 3

INTERMEDIATE EXERCISE
Step up and down as fast as you can for 30 secs, then sit-to-stand off a standard height chair for 30 secs
Rest for 1 min. Repeat x 3-5

ADVANCED EXERCISE
Run up and down as fast as you can for 30 secs, then lunge forward onto the step and back for 30 secs
Rest for 1 min. Repeat x 3-5

- Do warm-up for at least 10 mins before doing these exercises
- Caution if you have joint pain - reduce the height of the step
- Stop if the exercises cause undue pain or shortness of breath

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