

## Aerobic Endurance

**Critical Concept:  
Aerobic Endurance**

Here's an easy definition: How long can your body do a moderate to above moderate physical activity?

Again, moderate physical activity is a brisk walk. Above moderate would be a jog. Sprinting is vigorous and is classified as an anaerobic activity.

Here's the difference...

<p><b>Aerobic vs. Anaerobic</b></p>	<p>Just the facts...</p> <p>Aerobic activity uses oxygen that you breathe to turn carbohydrates into energy. (Complex carbohydrates work the best!)</p> <p>Anaerobic means without oxygen. During anaerobic activity our body needs quick energy and uses carbohydrates with more waste. So your muscles run out of gas sooner. That's why most people can't sprint for a whole mile!</p>
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During aerobic activities like jogging, or mowing the lawn with a push mower, you will start to breathe more quickly and heavily. That's because you need more oxygen in your blood.

Your heart rate also increases because your heart is working to get that oxygen out to your muscles. Just like a car, your body needs good clean fuel to make this system work. Complex carbohydrates are like the best gasoline money can buy.

Did you ever try to put soda in your car's fuel tank and mix it with the gas? WELL DON'T!!! Your car won't run very well – actually it may not run at all. It's the same with your body. Processed sugars in sodas and candy can actually hurt your body's systems. Watch what you eat so your body has the right fuel for the job!

<p><b>✓ Aerobic Endurance  A Finely Tuned Machine</b></p>	<p>If you don't take care of your body, where will you live?!</p> <p>Here's how to fine tune your Aerobic Endurance...</p> <ul style="list-style-type: none"> <li>• Aim for at least 60 minutes of Physical Activity each day. At least 3 or 4 times per week, try to do 30 minutes of uninterrupted activity – the other 30 minutes can come in shorter chunks of activity throughout the day.</li> <li>• Start slow. If you're just starting aerobic activities start off at a walking pace and work your way up.</li> <li>• Pay attention to intensity and check your heart rate. Start working in your Healthy Heart Zone – Increase your intensity over time until you reach your Fitness Zone.</li> </ul>
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Aerobic endurance helps keep your heart and lungs strong.  
Be Active, Eat Right, Don't Smoke!