

CV and AEROBICS

Refers to exercise that involves or improves oxygen consumption by the body. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process, (running, cycling, swimming, boxing and rowing) is all about looking after your heart and lungs, as well as improving your energy levels and stamina. Your heart is working all day every day circulating blood and nutrients to your body. By your 60th birthday your heart will have beat on average 2.2 billion times! Your heart is a muscle and like all muscles it responds and adapts to overload and stimuli growing stronger and healthier. Many people believe that exercise has to be hard and gruelling to be effective, but moderate exercise for 30 minutes 3 times a week will give you excellent health related fitness and give your heart a long and healthy life.

Use calories long after you workout

Your heart and lungs have a big influence on your metabolic rate (how much energy you use during the day). After a good quality workout your metabolism remains high for up to 10 hours afterwards as your body replenishes its oxygen and fuel stores. During this time you are operating predominantly on the oxygen energy system. This energy system uses Glycogen and FAT. This means that after a good CV session you will continue burning fat for a good while afterwards.

Reduce the risk of Heart Disease

Recent statistics suggest that seven out of ten adults don't do enough physical activity and this increases their risk of heart disease. Being physically active not only keeps your heart healthy, but makes you look and feel great

Everyone can benefit from getting physical – whatever your age, size or physical condition. Just remember that you are never too old or too unfit to start doing something.

The good news is that inactive people that start to do moderate physical activity feel the biggest health benefits. Your health risks will decrease as soon as you start to do more!

British Heart Foundation

CREDO
Fitness Ltd

Rob@credo-fitness.co.uk

Mobile: 07738 232 947

www.Credo-fitness.co.uk

Health Related Benefits of Exercise

- Assistance in the prevention of osteoporosis (loss in bone mineral density).
- Prevention of lower back pain.
- Reduction in the incidence of stroke.
- Improvement in the functioning of the immune system.
- Strengthening of muscles, ligaments, tendons, and joints.
- Assistance in the control of joint pain and swelling in people who suffer from arthritis.
- Improving temperature regulation at rest and during exercise in different environments.
- Improving blood pressure control, and minimizing fainting in people who are prone to this condition.
- Assisting in weight control, mainly by reducing body fat.
- Reduces the risk of developing diabetes.
- Exercise promotes better sleep.

OUR SERVICES

Personal Training

Nutritional Advice

Classes - Boxercise, spin, circuits

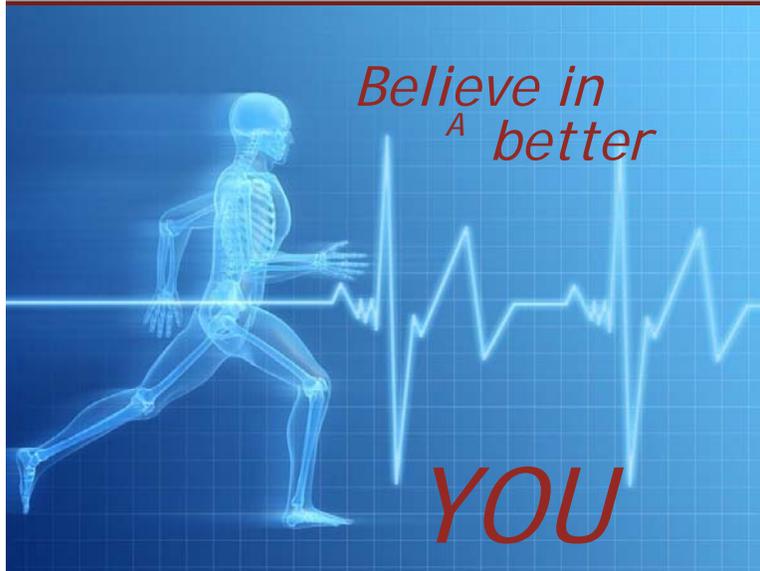
Residential/Nursing Home keep fit classes

Advice & Planning fitness events

Activity Days and Corporate Team Building

Fitness Testing

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PERSONAL TRAINER



We provide useful advice that can help you manage your health and achieve your *fitness goals*

Tips For Success

Useful advice

- Stay Hydrated, at least 2ltrs of water
- Vary your Cardio Workouts
- For running, purchase trainers that are designed for your feet. A Gait analysis will help get the right trainers.
- The first minutes of CV are hard. This is because your body is in shock over the amount of oxygen that is required. You will settle into a rhythm.
- Work out your Max Heart by $220 - \text{age}$. Work at 70% or more for effective CV training
- Improved fat burning by running etc after a weights session.
- Keep a record of your training sessions
- Gradually increase the intensity of the workouts
- Try not to weigh yourself on a daily basis
- Choose exercises that are more enjoyable and not a chore

Stress Management

We are surrounded daily by negative stress. Even short bouts of exercise decrease the 'stress hormone' Cortisol and produce endorphins these are naturally occurring hormones which enhance feelings of positivity and well being. These endorphins are more powerful than any man made drug in the control of stress and depression.

Research suggests that physical activity may be linked to lower physiological reactivity toward stress. This means; people who get more exercise may become less affected by the stress they face. Therefore, in addition to all the other benefits, exercise may supply some immunity toward future stress as well as a way to cope with current stress. This is possibly the best reason to get active and take part in exercise.

Improve mental awareness

Many studies have linked alertness and productivity with levels of physical fitness.

One study by a leading American university showed that a 22% increase in fitness resulted in a 70% increase in decision making skill and mental alertness.

The Principle of Reversibility

Just as the body adapts to more stress by becoming fitter, so also does it adapt to less stress by becoming unfit, i.e. it becomes less efficient at coping with the demands of exercise. This reversibility of fitness happens quickly. It only takes 3-4 weeks for a trained athlete to become unfit. The quickest reverse takes place in aerobic fitness. Muscles quickly lose their ability to use oxygen efficiently. Strength losses occur much more slowly so anaerobic activities are not so badly affected by breaks in training. The wasting away of muscle tissue is called atrophy.

Age Related CV

Aerobic fitness is a very important factor in growth and development during childhood and adolescence. It is also an important factor in the aging process. A high level of aerobic fitness during the growing years indicates good development of the muscles, bones, and cardio-respiratory system. It is more important in this respect than body weight.