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Cycling is an aerobic form of exercise. Aerobic exercise also known as cardio is physical exercise [1] of low to high intensity that depends primarily on the aerobic energy generating process

[2] Aerobic is defined as relating to involving or requiring oxygen [3] and refers to the use of oxygen to meet energy demands during exercise via aerobic metabolism adequately. [4] Aerobic Aug 15 2023 Examples of aerobic exercises include walking cycling and swimming

It reduces your risk of heart disease diabetes high blood pressure and high cholesterol. What is aerobic exercise? Aerobic exercise is a physical activity that uses large muscle groups in your body

This type of exercise is usually rhythmic and repetitive Sep 4 2025 These activities increase your heart rate and challenge your muscles helping to improve endurance and strength

Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week. Aerobic exercise or cardio has many benefits but starting isn't always easy Jan 25 2024 Read on to learn more about aerobic exercises you can try at home and the gym

And remember always consult with a healthcare professional before beginning a new aerobic exercise routine Jun 17 2024 While aerobic exercises refer to activities that increase heart rate and breathing cardio exercises focus on strengthening the heart muscle and improving its efficiency in pumping blood throughout the body

All cardio exercises are aerobic exercises since they raise heart rate and oxygen intake. See our safety advice and video before you begin this workout. Keeping safe while keeping active NHS This aerobic class video is suitable for people who want to try out aerobicics for the aerobics system of physical conditioning that increases the efficiency of the body's intake of oxygen thereby stimulating the cardiovascular system developing endurance and reducing body fat Mar 29 2024. Exercise that raises your heart rate called aerobic exercise can help you live longer and be healthier. Aerobic exercise can lower health risks, keep off extra pounds, make your heart stronger, and lift your mood

It also can lower the risk of death from all causes May 9 2025. There are numerous benefits that are unique to aerobic exercise while others seem to be magnified by adding both aerobic and strength training

The good thing is that there are a ton of choices for exercises that you can choose from based on your needs Jul 13 2023. Many health experts agree that aerobic exercise is the most important part of any fitness routine

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