

Introducing cardio into your daily life.

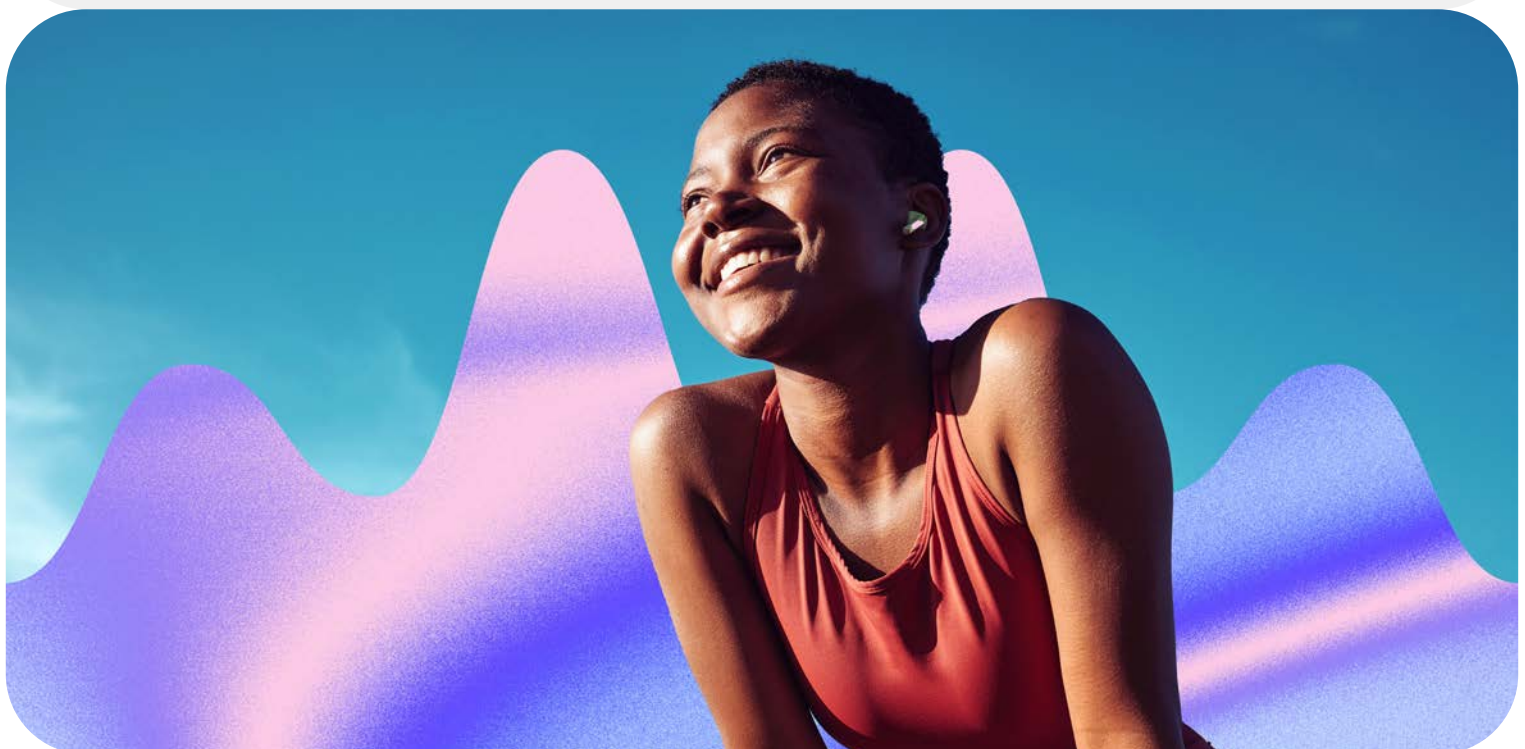
Many of us when we hear the word 'cardio' see it as something daunting.

We envisage exercise requiring our hearts to pound out of our chest, breathlessness and sweat pouring down. While this is cardio, so is opting to take the stairs instead of the lift at work. Cardio can be as intense or relaxed as is suitable for you. With some mindfulness and a few tips behind your belt, you can slowly start implementing simple cardio into your everyday life.

Walking.

Walking is a fantastic way to increase your cardiovascular health, some ways to increase your walking each day could be:

- Park your car a little further away than normal from your workplace so you get more steps in that require minimal effort.
- If you get the bus or train to work, walk to the next bus stop or/and get off a stop earlier.
- If you find yourself back-to-back with meetings and find it difficult to get out for walks during your working day, schedule 'walking meetings' where you can walk and talk at the same time.
- Short walks after meals are great for controlling blood sugar levels as they prevent spikes in insulin and metabolic stress meaning you'll feel less fatigued and you will be less likely to have that 'lunch-time slump'.
- Incorporating one or two days a week where you walk to work if it is possible. If not, then aim for the same either before or after work for around 30 minutes.





Home Workouts.

Doing cardio at home is a convenient and effective way to stay fit and healthy without needing a gym membership. There are numerous exercises you can perform with little to no equipment, such as:

- Jumping jacks, high knees, burpees, and mountain climbers.
- Additionally, online platforms offer a variety of workout videos that can guide you through structured routines, from beginner to advanced levels.
- Incorporating activities like dancing, skipping rope, or even brisk walking or running in place can elevate your heart rate and improve cardiovascular health.
- Setting aside just 20-30 minutes a day for these activities can lead to significant health benefits, including improved stamina, weight management, and reduced stress.

Workout Buddies.

Find someone to workout with. Research shows that having a 'workout buddy' can help keep you motivated and encourage you to work harder. It keeps you accountable by holding you to a schedule and it is more enjoyable and less daunting to try a new workout class with someone than by yourself. If you don't have someone to do this with, engage in team sports or other activities e.g. running or crossfit so that you can build a community while working out.

Lifestyle Changes.

Simple lifestyle changes can make incorporating cardio in your daily routine easier. For example, completing household chores like Hoovering, do multiple laundry runs on the stairs rather than trying to cram everything into one run. Other ways this can be done is using a sit/stand desk, this improves posture, circulation, increases productivity and your mood. Small changes that seem barely noticeable when incorporated into our daily activities can have a big impact.

Consistency is crucial here, so if you are starting a new workout routine, find something that you think you can enjoy as you are more likely to stick to it. Find something that fits your lifestyle best and implement it to your routine.

