



Guidelines for Cardiovascular Exercise

Mode of Exercise

Large muscle groups in activities that are rhythmic or dynamic in nature over a prolonged period.

Ex) brisk walking, jogging, cycling, swimming, dancing, elliptical activity, skating (select activities that are enjoyable)

Intensity of Exercise

Low to moderate intensity – Talk Test

Start slow with gradual progression

Duration of Exercise

45 – 60 minutes of continuous or intermittent activity

Frequency of Exercise

3-5 days per week