



6-8th Grade Cardio-Aerobic Exercise:

Cardio is an exercise that increases your heart rate, breathing patterns and gets your blood flowing. Moderate to intense workouts will do the trick. Cardiovascular workouts challenge your heart and lungs. Cardio can improve your heart's strength. A good cardio workout is also good for your mental health and has been known to reduce depression and anxiety. It also increases energy levels and reduces fatigue. It is important to get enough cardio each day. How much Cardio should you get per day?

Read here to find out !

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

I know Social distancing is limiting your exercises so you have to make sure you are staying healthy, safely, each day. Do not neglect your body during this time. Some ideas you can do indoors:

- High knees and mountain climbers
- Burpees
- Jumping jacks
- Pushups
- Squats

I have enclosed some links that are great Cardio workouts.

<https://www.youtube.com/watch?v=qzx-d1Z2bLY>

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

https://www.youtube.com/watch?v=0_2gU2E0HOQ

Additional ideas for fun

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>