



YMCA HEALTHY HABITS DO CARDIO



#YMCA
#HealthyHabits
#Cardio



indymca.org/healthyhabits



HEALTHY HABIT TIPS: DO CARDIO

- Shoot for at least 150 min. moderate (or 75 min. vigorous) weekly aerobic activity
- Try adding a few more minutes each day
- Always park your car away from your destination, walk briskly, and swing your arms
- Include sprinting intervals: By throwing in faster paced bursts, you'll burn more calories and build endurance
- Do more than two types of cardio a week. Now's the perfect time to jump in the pool or to try one of the Y's free Zumba, cycle, or BodyPump™ classes!

