

# Maintaining Cardiovascular Fitness as we get older

**What is happening?** Age-related changes impacting the ability to **provide oxygen to our exercising muscles** include; decreased maximum heart rate, narrowing and stiffening of the arteries, decreased blood volume, poor posture, rib cage stiffness, and weaker respiratory muscles. Regular cardiovascular exercise limits these changes, improves your overall health, and keeps you competitive in your sport!

- Improving your diet **will** improve your cardiovascular health
- Multiple 10-min exercise 'snacks' **will** improve cardiovascular fitness
- A good warm-up and cool-down **are important** for safe aerobic exercise



## How to improve! Use the **FITT-VP** principle described below;

**F**requency - At least; 5 days per week moderate intensity exercise **OR** 3 days per week high intensity exercise **OR** 3-5 days per week mixed intensity exercise

**I**ntensity - Moderate intensity = 5-6 on a 10-point scale - 'can talk but not sing' / High intensity = 7-8 on a 10-point scale - 'can only say 2-3 words before a breath'

**T**ime - 30-60 min per day of moderate intensity exercise **OR** 20-60 min per day of high intensity exercise **OR** 30-60 min per day of mixed intensity exercise

**T**ype - Regular, purposeful, continuous or intermittent exercise involving major muscle groups (skipping, running, cycling, high intensity interval training, etc.)

**V**olume - At least 150-min per week, >300-min per week for the best results

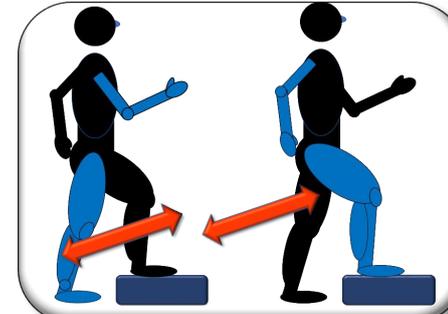
**P**rogression - 'Start low, go slow', but keep upping the challenge; try high intensity interval training and decreasing your rest breaks between each interval!

## High intensity interval training for Athletes 50+

### BEGINNER EXERCISE

Step up and down a standard height step as fast as you can comfortably sustain for 30 secs

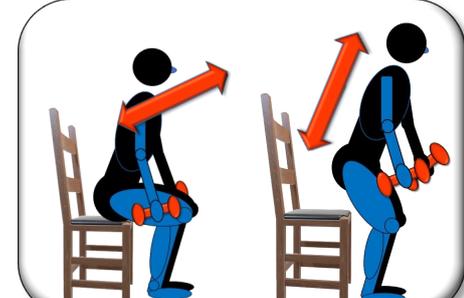
**Rest for 1 min. Repeat x 3**



### INTERMEDIATE EXERCISE

Step up and down as fast as you can for 30 secs, then sit-to-stand off a standard height chair for 30 secs

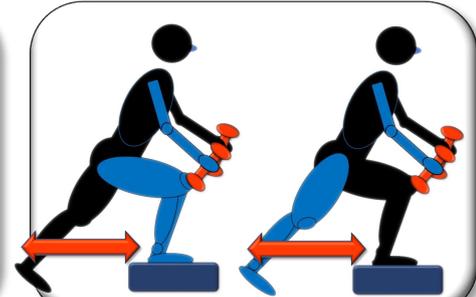
**Rest for 1 min. Repeat x 3-5**



### ADVANCED EXERCISE

Run up and down as fast as you can for 30 secs, then lunge forward onto the step and back for 30 secs

**Rest for 1 min. Repeat x 3-5**



- **Do** warm-up for at least 10 mins before doing these exercises
- **Caution** if you have joint pain - reduce the height of the step
- **Stop** if the exercises cause undue pain or shortness of breath