Cardiovascular fitness is the final component of physical fitness and provides lasting health benefits including increases in metabolism and hemoglobin, and improvements in cognitive function. Basically, it makes you an all around stronger person!

In addition to assisting with weight loss, regular participation in cardiovascular exercise can lead to lasting improvements in overall health. Cardiovascular fitness levels improve, when a person is exercising in a range of 55% to 85% of their maximum heart rate.

This type of conditioning can burn excess fat, suppress the appetite, improve the quality of sleep, relieve stress and anxiety and improve mood and heighten self-esteem, not to mention decreasing the likelihood of contracting preventable illnesses such as cancer and heart disease.

To find out your current level of CARDIOVASCULAR FITNESS please call us and schedule an assessment.