



HelGar
DIGITAL

Aerobics Fitness

***Different types of aerobic
exercise for you to try***



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Benefits Of Aerobic Exercise

We are always reminded that exercise could do wonders for the body. Aerobics, a kind of exercise which helps your body use more oxygen while maintaining your target heart range, can definitely help a person live longer and healthier. There are studies showing that 30 minutes of aerobics every day would benefit the body a lot.

Performing regular aerobic exercises would gradually make the heart larger. A bigger and larger heart would be able to provide more oxygenated blood which can be used by the muscles. This could also mean more energy whether for longer or shorter periods of exercise or physical activities.

- *Weight loss*

Aerobics and any kind of physical activity could surely help control and reduce weight. It is most successful when combined with a healthy diet. Including physical activity and exercise with your daily routine will surely help you achieve better built, healthy lifestyle and increase in energy. Aerobics would help your body burn the calories consumed and prevent them from becoming accumulated fats.

- *Stronger resistance against sickness*

Aerobics can boost the body's immune system. This would prevent illnesses like colds and flu from happening. It could also help the body manage existing health problems like high blood pressure and blood sugar. Excessive weight and obesity could cause serious health problems like diabetes, heart disease and stroke. Aerobics could help in reducing the risks of these diseases. This kind of exercise could help in clearing the arteries of the heart from bad cholesterol.

- *Elderly benefits*

Ageing could have different effects on the body and exercise could help you deal with these changes. It could help your body become stronger and more mobile when you grow old. Common problems of the elderly would be flexibility and mobility. Aerobics and maintaining other forms of exercise even when older would help reduce these problems.

- *Increase in stamina and energy*

Contrary to what some people think, aerobics and exercise wouldn't leave you breathless and less energetic. It could boost your stamina and energy. Continuous and regular exercise could result to muscle development and increase in body endurance. Aside from that, aerobics could also reduce fatigue and decrease shortness of breath. Aerobics could help the body achieve better sleep at night, making the person more energetic and fresh the next day.

- *Promote better mental health*

Exercise does not only calm and help the body, it could also help in boosting a mood of a person. Achieving better health and physical results through aerobics could increase self-esteem and self-confidence. It is even used to reduce stress, anxiety and depression.

Aerobics have numerous benefits. In fact, some would say that aside from physical and mental benefits, aerobics could also help in improving sexual performance. There are also different types of aerobic exercises which could capture the interest of people with different ages and characteristics.

However, aerobics may not be safe for everybody. Those with certain illnesses and those that are pregnant should take necessary precautions when performing aerobic exercises. Before trying any aerobic routine, it is important to consult with a doctor first especially if you have an existing or past medical condition.

Different Types Of Aerobic Exercises

Aerobics is one of the most popular types of exercises in the market. Its use of music, dance, equipment and other facilities have contributed to its popularity. Aerobic exercises are workouts that intend to increase the heart rate for a period of time. This would cause the body to have higher intake of oxygen which would result into better blood circulation, weight loss, faster calorie and fat burning.

Other physical activities can also be considered as aerobic workouts, like swimming, running, walking, jogging, and cycling. An aerobic exercise would start with a 5 to 10 minutes of warm-up stretching and exercises. After the warming-up, the routine proper would follow, lasting for about 20 to 30 minutes. The last part of the workout will be the cooling-down process.

There are different types of aerobic exercises for different levels of individuals. Skill, health and comfort are things to be considered when choosing what type of aerobic exercise would fit with the individual's needs and abilities. Some of the types are :

- *Low-impact aerobics*

As the name implies, low-impact exercises don't include activities which could harm the bones and joints like jumping and bouncing. Exercises performed had lower intensity, thus reducing the risks of injuries and leg overuse. In this exercise, one or both feet should always be in contact with the ground.

With low-impact routine, you do not start with a high note. An individual could start performing the exercises on a slower rate and gradually increase its intensity. Low-impact aerobics is ideal for seniors, obese and overweight individuals and of course, pregnant women.

- *High impact aerobics*

High impact aerobic exercises use different movements. It could include jumping, turning, shuffling, doubling, etc. This kind of workout intends to develop the abdominal area, calf, and also the cardiovascular system. If an individual is agile and active prior to working out, then high-impact aerobics may be the best option. But for beginners, slower and low-impact exercises is recommended first. When the individual is already comfortable with this low-impact level, then it would be safe to proceed with the second level. Keep in mind that doctor's discretion is always important.

- *Step Aerobics*

Step aerobics uses step benches for working out. This kind of aerobics is actually low in impact. There are studies showing that step aerobics can help a person reduce weight, given the fact that its impact is only half of the impact used when riding a bike at home. Overall, this process or workout is dedicated for the development of the lower body.

- *Aerobic kick-boxing*

It is also called cardio boxing. This is one of the most effective workouts for losing weight. Although, aerobic kick-boxing is tiring, its effects on the body are great. It could definitely help in building more energy and longer stamina. It is also called cardio-boxing and can burn about 800 calories in an hour.

- *Water aerobics*

Another low-impact exercise but delivers huge results, whether it is for weight loss or improving over-all health. Water aerobics, according to experts, burns calories faster compared with land-exercises because of the water's resistance.

Wading In Water Aerobics

Physical activities like walking, running, dancing and swimming can be considered aerobics. Aerobics are exercises which increase the heart rate and at the same time pump more oxygen into the blood vessels. There are different kinds of aerobic exercises which can be defined based on the equipment used in the workout program. Water aerobic workout is an example of an aerobic workout.

Water aerobics or aqua aerobics can also be referred to as water-aerobics. This kind of workout is usually performed in a swimming pool with waist-deep water. It could be in an indoor or outdoor pool, with water temperature of 82° F to 86° F. Come to think of it, the most common form of water-aerobics is swimming. Water aerobics would focus on building body strength, flexibility, balance and providing a cardiovascular workout. Its one session usually lasts for about 40 to 50 minutes.

Just like any other aerobic workout, there is a five-minute warm-up and would end with five-minute cool-down. There could be floatation devices provided to the participants if