



Feel the Beat: A Cardio Breakdown

What makes cardio important to health?

Cardio is considered aerobic exercise, where rhythmic activity raises your heart rate to a zone that burns fat and calories. Cardio, just like other physical exercise techniques, can help someone lose weight and increase endurance. However, it can also help with sleep, lower stress, and reduce risk of heart attack and high blood pressure! The right cardio routine for you can depend on your preferences, environment, and resources. Check out HIIT and LISS routines for options, a combination of both will bring you the best of both worlds!

HIIT: High Intensive Interval Training

HIIT sessions include short bursts of hard work followed by small periods of rest, on and off for about 20 minutes. This includes explosive movements such as sprints, jump squats, and jumping jacks! The goal is to push you to fatigue, and is best for building muscle.



LISS: Low Intensity Steady State

LISS maintains a consistent, low-intensity pace for a set of time, usually at least 45 minutes. This includes walking, swimming, and biking, but also repetitive movements such as mopping or going up stairs. The goal is to increase heart rate for an extended duration of time, and is best for building endurance.

FRUITS: Our Natural Sweets!

Eat More Fresh Fruit

- Most fruits are naturally low in calories, fat, and sodium
- Fruits can be a good source of nutrients and vitamins:
- Vitamin A is good for healthy eyes & skin, Magnesium is good for bone health
- Fruits are a good source for fiber, potassium, vitamin C, and folate
- Diets rich in potassium and dietary fiber help lower risk for heart disease and hypertension
- Vitamin C helps heal cuts and wounds, and helps us absorb iron
- Vitamin C is also good for healthy gums and teeth



Eat Lots of Different Fruit

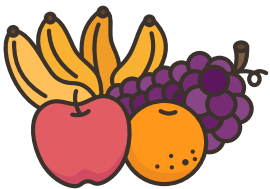
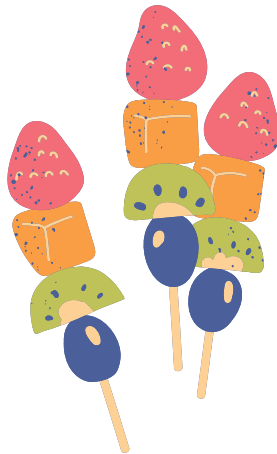
- Eating many different types of fruits help you get all types of nutrients your body needs - **EAT YOUR COLORS!**
- Eat more fresh fruit, frozen fruit, dried fruit, and 100% fruit juices
- Limit or avoid fruit that has been canned in syrup, fruit flavored snacks like fruit rollups, and highly processed fruit beverages: Let fruit be the main ingredient.
- Read your labels! Look out for sodium and added sugar (less than 10% of calories each day)

Ways to Add More Fruit

- Use fresh or frozen ripe fruit to add natural sweetness to shakes and smoothies, salads, and snacks
- Rotate seasonal fruit to save money and get your dose of different beneficial nutrients
- Some Fall seasonal fruits: Apples, Bananas, Cranberries, Grapes, Kiwis, Mangoes, Pears, Pineapples, Raspberries, Lemons and Limes

How Much Fruit Should You Eat Everyday?

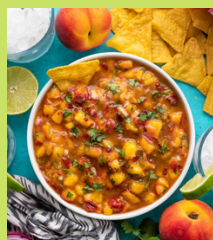
- How much fruit each day?
 - Children - 1 to 2 cups
 - Women - 1 1/2 to 2 cups
 - Men - 2 to 2 1/2 cups



Recipes to try this month!

Chipotle Peach Salsa

Smoky heat meets sweet seasonal peaches in this fresh, light salsa



Panzanella

Freshen up some day old bread with sweet seasonal fruit in this hearty Tuscan salad

Try it with your favorite fruit!



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