What is Cardiovascular Disease?
• Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke.

What is Aerobic Exercise?
• Any activity that uses large muscle groups, can be maintained continuously for a long period of time and is rhythmic in nature.
• Trains the heart, lungs and cardiovascular system.

Benefits of Aerobic Exercise:
• Decreases your odds for developing heart disease by benefitting your blood pressure, cholesterol, weight, and more.

Moderate Exercise vs. Vigorous Exercise:
• Reductions of cardiovascular disease are similar when energy expenditure is similar.
• Higher benefits were seen in exceeding the minimum guidelines for physical activity.