TWO IS BETTER THAN ONE!

ONU HEALTHWISE, FEBRUARY 2015

How to PUMP up your CARDIO routine!

FIND A PARTNER!

- Set up a schedule and keep each other ACCOUNTABLE.
- Competition helps to increase workout INTENSITY.
- Create GOALS to MOTIVATE the workouts and each other.
- MIXING UP your exercise routine is easier with a friend!

there's more than just RUNNING!

- Some activities REQUIRE more than one person.
- Keep track of your PROGRESS together.
- Encourage HEALTHY EATING choices.
- Help one another to HAVE FUN!

CALORIES BURNED

- swimming 800/hr
- kickboxing 750/hr
- biking 750/hr
- rowing 660/hr
- jumping rope 660/hr
- cross country skiing 660/hr
- running 600/hr
- elliptical trainers 425/hr
- Step aerobics 375/hr
- Walking 360/hr

May go UP with higher INTENSITY!

AMERICAN HEART ASSOCIATION RECOMMENDATIONS

At least..

<table>
<thead>
<tr>
<th>30 min of moderate activity</th>
<th>5 days/week</th>
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<tr>
<td>25 min of vigorous activity</td>
<td>3 days/week</td>
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JOSHUA ROUCH, PHARMD, PGY1 RESIDENT

www.trustedchoice.com  www.heart.org