



# 8 WEEK HEALTH CHALLENGE

CREATE A HEALTHIER YOU

**WEEK 3**  
**IMPROVE YOUR FITNESS**

## Week 3: **Improve your fitness**

**Your Challenge:** **Exercise to improve your fitness 3x/week**

Improving your fitness improves your **cardiovascular health**.  
Your heart, lungs and blood vessels.

### **Improving your cardiovascular health:**

- Prevents cardiovascular diseases like heart attacks, strokes and angina
- Lowers blood pressure
- Aids sleep
- Reduces chronic pain
- Improves the hearts efficiency to transfer blood around the body, therefore your muscles work better too!
- Helps regulate your weight
- Strengthens your immune system
- Boosts mood!



### **Types of cardiovascular exercise:**

- Brisk walking
- Running
- Swimming
- Cycling
- Playing a sport like soccer or netball
- Skipping
- Rowing
- Climbing stairs
- Hiking up a mountain

# How intense should I be exercising?

Using the modified RPE Scale to determine exercise intensity...

Moderate intensity exercise : Aim for 4-6

Vigorous intensity exercise: Aim for 7-9

<h1>RPE Scale</h1> <p>(Rate of Perceived Exertion)</p>	
1	<b>Very Light Activity</b> (anything other than complete rest)
2-3	<b>Light activity</b> (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	<b>Moderate Activity</b> (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	<b>Vigorous Activity</b> (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	<b>Very Hard Activity</b> (difficult to maintain exercise intensity, hard to speak more than a single word)
10	<b>Max Effort</b> (feels impossible to continue, completely out of breath, unable to talk)

Eg. brisk walking

Eg. jogging, biking, or swimming

Eg. running

Eg. sprinting



## Where do I begin?

1. Start with a time or distance and intensity that you can comfortably achieve without feeling overly fatigued or sore afterwards.
2. Take note of this time or distance and intensity.
3. **Increase by 10%** of the time or distance every week.

For example,

- I can run for 1km or 5min comfortably.
- I will do this 3x this week.
- Next week I can increase this by 10%, which equates to 100m or 30sec. So I will run 1.1km or 5min30s.
- And so forth.

**Top tip!**  
Make a playlist of your favourite music or find a podcast or audiobook you love. Pop your headphones in and enjoy!

