



Cardiovascular Exercise

FIT FACTS

Cardiovascular exercise, also called cardiorespiratory exercise, involves movement that gets your heart rate up to improve oxygen consumption by the body. An essential part of every exercise program, cardio not only helps you lose or maintain weight, it helps you build endurance so you can remain active for a longer period of time.

[A Walk a Day](#)

[Alcohol Eats Away at Muscle Mass](#)

[Diggin' in the Dirt](#)

[Don't Deprive Yourself of the Rewards of Exercise](#)

[Eat Well to Stay Motivated and Energized](#)

[Healthy Hydration](#)

[High-Intensity Interval Training](#)

[I Need More Energy!](#)

[Interval Training](#)

[Making Time for Exercise is Easy](#)

[Reaching Your Goals the SMART Way](#)

[Ready to Run?](#)

[Supplement Specifics](#)

[The Value of Fruits and Vegetables](#)

[Too Much of a Good Thing](#)

[Training to Run Your First 5K](#)



SASEBO, Japan: Sailors assigned to the forward-deployed amphibious assault ship USS Essex (LHD 2) participate in command physical training. (U.S. Navy photo by Mass Communication Specialist 3rd Class Adam M. Bennett)