



How Much Do You Know About Aerobic Exercise?

I guess most of you have heard a lot about ‘aerobic exercise’, but what is it in fact? What good does it do to you? How much of it is enough?

Aerobic exercise refers to physical activity (“PA”) that increase your breathing and heart rate, with using major groups of muscle. Such PA produces energy for the body through aerobic metabolism. In other words, any kind of PA at moderate or high intensity that lasts 10 minutes or more in a rhythmic way can be regarded as aerobic exercise, which has the benefits of strengthening cardiovascular functions, improving muscular endurance, trimming excess body fat, etc.

Below are examples of exercise in different level of intensity:

| Level of intensity | Exercise |
|--------------------|--|
| Vigorous | jogging, fast swimming, fast dancing, jumping rope, tennis (singles), basketball, soccer |
| Moderate | brisk walking, water aerobics, tennis (doubles), biking on level ground, stair-climbing |

If you don’t have a habit of exercising at all, you can start training in PA of moderate intensity from a rate of 3 days a week, with each bout lasting 30 minutes or 10 minutes X 3; increase your volume of training gradually. For those who exercise regularly, they can do so at a rate of 5 days a week, with each bout lasting 30 minutes or above.

One should do stretching properly before or after aerobic exercise to warm up or cool down; this is also for the purpose of stepping up circulation of blood and minimising the soreness after exercise. While exercising, make sure the body is properly rehydrated. And don’t forget to dress in suitable sports gear, e.g. dry, elastic clothes, anti-shock flat-sole shoes, etc.