



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Up, Down, Stop, Go!

The focus of this activity is **CARDIOVASCULAR ENDURANCE**. Cardiovascular endurance (cardio for short) is the ability of the heart, lungs, and blood vessels to supply oxygen and nutrient to the muscles during long periods of exercise. Ready to build your cardiovascular endurance?! Click the activity link below to get moving and have fun:

- Activity Link: <https://www.youtube.com/watch?v=KezeG0LSo6Y>
  - Variations:
    - take turns being the caller
    - create other moves i.e hop, spin, stop, go

The benefits of Cardiovascular Endurance:

- Increased heart muscle strength
- Improved cholesterol
- Stress reduction
- Lowered blood pressure
- Mood and self-esteem boost
- Weight control
- Improved sleep

How do I know if it's cardio? – Ask yourself:

- Am I breathing hard?
- Is my heart beating fast?
- Am I moving for a long time?

Goal Setting:

- What cardiovascular exercise/activity can you do to increase your endurance each day? Set a goal and make a plan, you and your heart will be a winner!