

# Cardio works your heart and lungs

By Robert Morrison  
Sports Editor

Cardio, or cardiovascular, is the system of the body which pumps your blood. Cardio exercises are activities in which your heart rate is increased and elevated for extended time. Aerobic exercises are another word for cardio.

Cardio isn't always the easiest of exercises but it has many benefits. Cardio activities strengthen your heart and lungs, reduce stress, burn calories and help with sleep, among other benefits. When you do a cardio workout you want to be working in your target heart rate, which is usually 50 percent of your max heart rate.

To find out your max heart rate, subtract your age from 226 for women and 220 for men. That is your max heart rate, and you can then divide by two to get your target heart rate.

There are many ways to get your cardio on. The typical ways are running and walking, but there are the more extreme ways such as cross-country skiing, rock climbing and rowing.

"I like to snowboard. I go up to the mountain a few times a year," said Jacob White. White is in his first year at Clackamas. He has been snowboarding as a fun activity and exercising for around four years.

Snowboarding takes a lot of effort and works the body and mind. Snowboarders that work on tricks work on their endurance and breathing. The strength portion isn't part of cardio, but when you do enough tricks you have to work your lungs.

Bike riding long or short distances also help a person increase their cardio. Many cyclists ride around town and some even compete in events similar to the Tour de France.

"I've been bicycling for more years than I can count," said Dylan Williams. "It has kept me feeling young for years, I don't know what I would do without my bike. I ride around town and in events when I can." Williams is 45 years old and is a native to the Milwaukie and Oregon City area.

One of the most enduring events one can do is rowing and rafting. Rowing can burn a lot of calories in a limited amount of time while getting your heart rate up in a hurry.

Sarah Edwards is one of the people who took up rafting as a hobby. Edwards found



Hillary Cole Clackamas Press

Students at Clackamas Community College are getting their cardio on at the Clackamas weight room located in Randall Hall on the bottom floor.

a passion for rafting when she went out on a trip with some friends.

"I just started rafting a few months ago but enjoy it a lot. It takes your mind and body to new levels. I'd recommend it to anyone looking for a nice workout that's fun," said Edwards.

Many people try new things all the time and find something they love in the process. Cardio is very important and will help anyone who chooses to work on it, so get out there and try a new activity. Work those lungs and that heart!



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