

Improving Cardiovascular Endurance

To improve cardiovascular fitness, I have found a simple method that really works. A fifteen-foot-long shuttle run (two lines fifteen feet apart). Use a one-minute countdown timer or stop watch and have your child run and touch the line, back and forth, for one minute. Count the number of touches completed and keep a log. Do this 3 - 4 times during the day on three nonconsecutive days per week. Rest at least five minutes between attempts. Try to increase the number of touches each day that you do them. Be sure to keep an accurate record to track your progress. You should be really out of breath when you finish the minute. That would be 12 minutes of intense training per week. Research shows that great benefits are derived from the workout.

Outdoor play, tag games or sports such as soccer, basketball are great fun activities that promote cardiovascular endurance. Bicycle riding, swimming, and walking are more aerobic in nature and are great ways to get the activity level to increase. Try to find an activity that your child likes to do.