

Fitness guides, tips and more by IYO® International Yoga Organisation

# THE IYO FIT MAG

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## HEART RATE

Best cardio  
exercises for  
beginners

## FITNESS STORY

Motivational  
stories to inspire  
you to workout

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# CREDITS

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# HEART RATE

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## Best cardio exercises for beginners



Cardiovascular exercise, also known as cardio or aerobic exercise, is essential for good health. It gets your heart rate up, making your blood pump faster. This delivers more oxygen throughout your body, which keeps your heart and lungs healthy.

Regular cardio exercise can also help you lose weight, get better sleep, and reduce your risk for chronic disease.

But what if you can't get outside for a daily run or don't feel like hitting the gym? There are still plenty of cardio exercises you can do at home.







# BEST CARDIO EXERCISES FOR BEGINNERS

## HIGH KNEES

This exercise involves running in place, so you can do it anywhere with minimal space.



## SPEED SKATERS

The sideways movement of this exercise mimics how a skater moves. For a challenge, add a jump when you move to the side.



Reference <https://www.healthline.com/health/cardio-exercises-at-home#beginner>

# “I’m finally at peace with the way I look.”



Women’s Health recently shared the story of 27-year-old Krystal Sanders. Krystal’s unhealthy childhood eating habits followed her into adulthood, when the combination of a full-time job, nightly trips through the drive-through, and wedding-planning-related stressed added up to significant weight gain — and wedding photos Krystal couldn’t stand to share with others. This was her tipping point.

In addition to committing to eating better, Krystal also started jogging on the treadmill and doing strength workouts. Not only did she shed more than 60 pounds through adopting these healthy behaviors, but she also saw her confidence skyrocket.

Krystal has several tips for others on their own weight loss journeys, including setting out everything they need to work out in the morning the night before — from clothing to your water bottle. “Then,” she says, “Nothing can get in the way of your workout.” She also told Women’s Health, “Don’t be cardio all the time — lift weights! Replacing fat with muscle means you burn more calories without even trying.”



# RHEUMATOID ARTHRITIS

Your healthcare provider or dietitian may recommend an anti-inflammatory diet to help with your symptoms. This type of diet includes foods that have lots of omega-3 fatty acids.

Foods high in omega-3 fatty acids include:

- Fatty fish like salmon, tuna, herring, and mackerel
- Chia seeds
- Flax seeds
- Walnuts

Eating lots of fiber is also important. According to some researchers, fiber may help reduce inflammatory responses which may decrease C-reactive protein levels. Choose whole grain foods, fresh vegetables, and fresh fruit. Strawberries may be particularly beneficial.



# HOW WELL DO YOU SLEEP?



Wondering if your sleep hygiene and routine are affecting your health?

Take this short quiz to test your knowledge and learn more about the quality of your sleep.

[HEAD TO OUR WEBSITE TO CHECK THE RESULTS!](#)

- How many hours of sleep, on average, do you get each night?

- ☐ 4 - 5 hours
- ☐ 5 to 6 hours
- ☐ 7 or more hours

- Sleeping less than 7 hours each night on a regular basis can increase your risk of certain health conditions, such as obesity, heart disease, stroke, depression, weight gain, and diabetes.

- ☐ True
- ☐ False

- Is it easy for you to fall asleep?

- ☐ Always
- ☐ Sometimes
- ☐ Rarely

# LIFESTYLE QUIZZES





# HEALTH CHALLENGES

## MINDFUL EATING

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