

## Week 2

Fitness for the heart and lungs, sometimes referred to as aerobic fitness, is crucial for general health and wellbeing. Regular aerobic exercise helps you burn calories, increase your stamina, and improve your heart and lung health. The top three workouts for enhancing cardiovascular fitness are as follows:

**Running or jogging:** These exercises are great for improving cardiovascular fitness. It's a vigorous activity that works out your entire body and revs up your heart rate. Start out slowly and steadily increase your endurance with time. You have the option of running outside or on a treadmill.

**Cycling:** Cycling is a low-impact, gentle on the joints activity that offers a great cardiovascular workout. It's a terrific method to increase stamina and leg strength to cycle, whether on a stationary bike or outside.