

## Cardio Workouts for Fun and Fat-Burning

About one in four Americans is overweight, but whether or not you have weight concerns, cardio workouts are important for your overall health. They're also good for your emotional wellbeing. Cardio workouts increase endorphins, which give you a sense of well-being. A good cardio workout will exercise your heart muscle, increase your lung capacity, burn calories and reduce stress. There is no one "best" cardio workout. The ideal cardio workout is one that you enjoy, because you'll be more likely to do it. Success is measured by how hard you work-but it doesn't have to feel like work. For some people, a pleasant workout is spending 20 minutes on a treadmill watching TV or a movie; others have more fun when the workout takes the form of dancing. If the time goes by quickly, you know you've found the cardio workout for you. There is also no one best time of day for a cardio workout. The advantage to doing a cardio workout in the morning is that it helps burn off fat stored overnight, helps you start off the day with a sense of well-being, and jumpstarts your metabolism. However, working out later in the day burns off calories you've consumed during the day, and helps release stress that may let you sleep better. You may find that setting a regular time for your cardio workout helps you keep to the routine, but you will get just as many benefits if you aren't consistent. Just make sure that you do a cardio workout that keeps you at your target heart rate for at least 20 minutes at least twice a week. If you want to lose weight, make sure you work out for at least 30 minutes three or four times a week.

## About the Author

Award winning health calculators and assessments. HealthStatus.com provides free online health assessments and over a dozen different.

Source: <http://www.productsherbal.com>