



# Up your VO<sub>2</sub> max

VO<sub>2</sub> max measures how much oxygen your body uses when working at a high level of exercise.

A high VO<sub>2</sub> max indicates good cardiovascular fitness, while a low VO<sub>2</sub> max means you should consider moving your body more. You don't have to become an elite athlete. Even a small increase in fitness has significant health benefits. If your doctor clears you to do aerobic exercise, try these workouts to increase VO<sub>2</sub> max.

**Interval training:** This involves alternating short periods of moderate to high-intensity aerobic exercise with short periods of low-intensity exercise. Alternate 3 minutes of moderate/high-intensity with 2 minutes of low-intensity for 30 minutes.

**High-intensity training:** This is a form of interval training that uses short, intense bouts of exercise at your max, followed by a longer rest period.

**Steady-state training:** This type of training is long bouts of cardio at a pace you can maintain for at least 30 minutes. Your heart rate should be elevated, but you should still be able to carry on a conversation.

