The Importance of Cardiovascular Fitness

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You walk into the gym scanning the iron terrain to see where your journey will begin. You see others taking the challenge of the free-weights, while others mount the strength machines. Then, there is a tingle in your belly as you see the many individuals, sweat dripping and gasping for air, on the cardiovascular equipment. Why would they put themselves through such strenuous work? Well, these people are getting a lot done on the elliptical, treadmill, and stair-climber. Here are just a few of them.

Ridding the Body of Waste Materials

The cardiovascular system is responsible for pumping blood throughout your body. Blood not only contains and supplies your body with nutrients and oxygen, it also helps your body to get rid of unnecessary materials including minerals and carbon dioxide. The more you do cardiovascular exercises, the better your body becomes at pumping blood, rich with oxygen and nutrients, to your organs and gets rid of anything your body no longer needs.

Everything Counts on Cardio

Since your cardiovascular system is made up of your heart and blood transport systems (arteries, capillaries, and veins), which spread throughout your entire body, they play key parts in your body functions. Regulation of your metabolism,
respiratory system, and immune system are dependent upon your cardiovascular system.

**Prevents Disease**

Having a healthy cardiovascular system doesn't just make you capable of running for longer periods of time. It, also better equips you for the prevention of heart and lung diseases. People who regularly engage in cardiovascular exercises often have increased lifespans, better mental health, and see an increase in overall quality of life!

So, next time you think about skipping that 15 minute jog or 1000 meter row, remember that these activities play an important part in keeping you moving!