

Using your household chores as cardio exercise

Cardio exercise is anything that increases your heart rate. Doctors recommend that you get 30 minutes of cardio exercise at least five days per week. Here are a few simple ways to work toward meeting your weekly exercise goals without having to go to the gym.

- Mow the lawn
- Scrub the bathroom
- Weed the garden
- Vacuum
- Dust
- Empty and fill the dishwasher
- Fold and put away the laundry
- Wash the car by hand