

Cardio Hiit is an official member of TAFISA in the International scale.

Cardio is the only sport approved by the World Health Organization.

Why cardio should be developed in the community:

Addressing the issue of health is a legal obligation, and since the results of scientific researches from the World Health Organization, sports development organizations in the world, universities, public and private institutions all commonly consider heart and cardiovascular problems that are caused by immobility and stress in the living conditions of modernity, the first cause of disease and premature death in the world. So all public and private institutions are obliged to develop cardio in any way possible in society, which will cause:

Survival of the community structure

Having a strong and exploitable workforce for many years

Maintain the family foundation

Quality of work

Reduce people's stress in society

Prevent sedentary lifestyle

Empowering a government to become a civilization

Cardio hiit exercises are designed in two parts, general and professional, which are as follows:

Definition of cardio exercises:

Cardio sport is the world's super public sports project, known for its "Healthy Heart for All" slogan.

Cardio exercise is based on not using any equipment and only on the physical movements of the body.

Therefore, this sport is easily applicable to the general public, and cardio techniques have defined physical development skills scientifically and systematically.

Definition of hiit exercises:

Cardiovascular training in the form of high-intensity interval, which is designed for professionals and is known today among all athletes in the world and can be seen in the training of national teams such as: ball sports, martial arts, fitness, etc.

Hiit training has created a huge change in the world of fitness and physical athleticism, which seems to become a fitness super project in the future.

My activities are in the international scale, I am in contact with major sports organizations in the world.

I have various responsibilities in sports and management, currently my concentration is on the development of cardio hiit sports.

I think the needs of people in the world, especially in the current situation, are to reduce stress, strengthen the immune system and prevent sedentary lifestyle.

According to my research, heart wellness is a priority and cardio exercises can play an important role in health development.

The International Cardio Hiit Federation has been established with a specific definition and is developing and training cardio movements that:

- 1- Without using equipments
- 2- All sections of society from young to old can do the movements on different levels
- 3- From beginners to professionals can perform in this field
- 4- Exercising without additional or high costs
- 5- Available to everyone
- 6- Easy training for everyone
- 7- Paying attention to the importance of the cardiovascular system in the society and also for the employees of public and private organizations
- 8- Reducing medical and living expenses
- 9- Creating freshness and liveliness in the society

10- Having a healthy heart is a social right for all members of society that can be done, by developing cardio workouts and creating an easy, affordable and low-cost cardio culture.

11- The aim in Cardio is the development of public sports and the goal in Hiit is development of professional sports

12- The purpose of holding competitions is an excuse to attract people and motivate them to exercise in any way we can.

13- In cardio hiit, you never reach the last level of movements because this sport is always being updated.

We're so happy you've decided to find out more about Cardio!

Now that you're here, I'm sure you're wondering, "what is Cardio". Cardio is many different things to many different people all around the nation. For some, it is an escape from the stresses of daily life. For others, like athletes, it's a training system used to condition players at an elite level so that they will perform better in their respective sports. It may be a tool used by Physical Education teachers to engage more students in their classes. And for some, it may be a way to connect with people and find new music. No matter what Cardio is for each participant individually, for everyone collectively, Cardio is movement with a purpose.

For someone who has not experienced it yet, Cardio is a comprehensive system of continuous movement, designed by athletes, and executed in a unique environment in order to do what many programs on the market today cannot do; engage people through purpose-driven movement to increase their athletic intelligence, i.e. speed of execution. That being said, one does not have to be a current athlete or former athlete to benefit from the positive results Cardio Sport provides. In fact, there are

three main audiences that Cardio has continually proven to benefit: Athletes, General Wellness Members, and Physical Education Students.

In athletics, there's always a big question to be answered; "What is it that separates the 'good' athletes from the 'elite' athletes?" The answer: their Athletic Intelligence. An athlete that can execute proper decisions quickly and decisively while under fatigue or duress will always out play a 'good' athlete. Cardio trains athletes in a way that allows them to push themselves harder than they would at a team practice or in the gym – forcing them to adapt to new circumstances – in turn improving their speed of execution while also resulting in unparalleled physical fitness. In short – Cardio is a game changer for any athlete.

Bring your game to the next level

In the General Wellness realm, Cardio resonates especially with former athletes and athletically minded individuals who, many times, have never played a sport; this is because athletically minded individuals are motivated to move for different reasons than a traditional fitness member. These are the people who find themselves bored to tears at the gym or dread the idea of going for a run simply because they feel there is no purpose behind it. Cardio HIIT not only creates a purpose for movement, but the movement is done in a way that simulates play and problem solving, which for the athletic mind is a dream come true.

Continual commitment to movement

In Physical Education, many times teachers struggle to get every child involved and participating in class. This is not to say the teacher is to blame. By default, P.E. tends to be an area where athletes excel and unfortunately, non-athletes struggle with having the confidence to try new things for fear of being judged or made fun of. The way Cardio functions in a Physical Education setting is to create an emotionally safe environment for kids to try new things and build confidence while moving with a purpose. The environment encourages all students to participate while being entirely focused on the task at hand. As a result, they don't have the time to look around at their peers. Additionally, kids who would normally be sitting on the bleachers have the chance to move and get their blood pumping which

has been linked to many benefits such as improved cognitive function. Not only do the students respond well to it, the teachers love teaching it.

Gain confidence, increase participation

These are three main areas in which Cardio is focused. But, who's to say there aren't many more possibilities? Simply put, Cardio is movement with a purpose, but that purpose is different for everyone who participates. So what are you waiting for? What will your purpose be?

What is cardio?

This word is abbreviation for cardiovascular that use for circulatory system which include heart and blood vessels in your body but some people apply this word for exercises that improve circular system.

This kind of exercise are performed over long period of time and increase heart beat and pumping blood in the vessels and finally carrying nutrients with oxygen to all cells.

Every activity that increase heart beat to 50 or 70 percent maximum, could be called cardio, to find out more you could subtract your age out of 220 for example if you are 40 it can be like this (  $220-40=180$ ), its good if your heart beat is around this number.

It doesn't matter if you do what sort of exercise like dancing, cycling, tennis,... every exercise you prefer can do this.

In the other word every activity in moderate intensity in long term that keep your muscular system up and provide enough energy for any activity called cardio.

Aerobic activity is a set of metabolic process inside our body that decomposing carbohydrates and fatty acids with oxygen and then provide enough energy for your body, so in these exercises body could use enough energy for muscles.

Walking, cycling, Roping are popular between activities.

Cardio, aerobic activities,

Doing exercises that increase efficiency of energy production system and improve heart stamina of heart called aerobic.

One of the most important aerobic exercise principal is continuance for people who follow the goal of health, doing aerobic exercise is part of their life even for athletes if they set aside aerobic activity everything they obtained could be disappear.

### Aerobic or Cardio Exercises

Doing an exercise that increases the efficiency of aerobic energy production mechanisms and increases cardiorespiratory endurance is referred to as aerobic exercise. One of the basic principles of aerobic exercise is its endurance. For the one pursuing health goals, aerobic exercise should be a valuable part of life, and for an athlete it should be viewed an integral part of exercise programs, this is because the readiness gained through aerobic exercise is not stored and the effects of aerobics exercise disappear quickly as they are set aside.

One of the most prevalent questions about aerobic exercise is: How hard should one do exercise to affect the cardio respiratory system and finally to increase functional capacity? Pre-respiratory training will be achieved by exercises that are 50 to 85% of the maximum oxygen consumption. It is generally believed that the lower limit of this intensity (50%) is for inactive people and the higher limit (85%) is for active people. The intensity of the activity should be proportional to its duration, such that the person can do exercise enough, consume at least 200 to 300 kcal per session to control their weight while increasing cardio respiratory fitness as well. If the activity is too intense, the person may not be able to work long enough m thus failing to achieve the desired goals.

Now the question is: Why should we deliberately increase our heart rate, get tired and sweat? There are 10 good reasons for this:

#### 1.Cardio exercises help you lose weight

If you shake your body, you can burn more calories compared to the time sitting in front of the TV. The faster you move, the more calories you will burn. Think of it this: If you decide to lose weight, and whiel you are currently eating 3,000 kcal, you will be able to lose weight by eating less or burning more calories. It is interesting to know that cardio exercises helps burn calories than working with weights, which usually includes 45 seconds of weight moving and 1 minute of rest.

#### 2.Your heart is a muscle

Your heart also has muscular tissues and needs to be moved just like any other muscle in your body. Otherwise it will become weaker and weaker. Imagine your heart like a 6-cylinder engine: When the

engine is new, all 6 cylinders are ready to work, they just need your hint to rumble. In the next 20 years, you will drive the same car, but this time you are using its 2 cylinders, because you want to save fuel! the other 4 will never work out. Go this way until you decide to use those innocent 4 cylinders again. How do you imagine the 4-cylinder, neglected for years, will work right now ?

### 3.Stronger blood circulation, more nutrients

When you do cardio exercises, your body's cells need more oxygen and nutrients. To respond to this need, the delivery system is strengthened to deliver more oxygen and nutrients to the cells, the capacity of the lungs is thus increased, the heart will be able to pump more blood, with blood vessels coming stronger and potent. This means that more nutrients will reach cells from now on. If your cardiovascular system was already like a spiral side street, it is now a wide highway where no truck will get stuck!

### 4. Cardio pressure means less pressure

Another interesting thing about this is that, except when you do cardio exercises, your body will experience less depletion in general. A normal human heart rate is about 80 to 90 beats per minute, while the heart rate of a relatively active sprinter is reduced to about 60 to 70 beats per minute. This is like a thin oil pipe, which has to work under full pressure to transfer 500 gallons per hour. But a larger pipe can deliver the same amount, but will be under much less pressure than its capacity, so it will less decay.

### 5. Cardio keeps your brain young

Some studies have been performed at the Boston University to investigate how the brains of people with fit bodies relate to their hearts! What was the outcome? People with weak hearts consume less brain than those with strong hearts! So the weaker your heart is, the less blood it will handle to carry, thus less oxygen and nutrients reach your brain, with your brain aging faster.

### 6. Cardio will make you think better

Our brain benefits from cardio in this way: When you move, your brain processes more information at a time. Where are you heading? What are the barriers on your way? What are the people around you doing? etc. When obese children do exercise, their math and mental abilities get improved without any special training! this is only because their brains learn to process more information at the same time.

### 7. Cardio reduces depression

Many people suffering from major depression have to take heavy medications to remain under control, when in fact your body provides those cures by itself if you let it do so! Running causes endorphins to

release, as it a hormone that will change your temperament and keep you refreshed. Therefore, cardio exercises can reduce the amount of your medication, and of course the complications from these medications will be limited.

#### 8. Cardio can improve your sleep

About half of the world's population suffers from sleep-related issues, do not have deep sleep or have poor sleep quality. In this case, too, medical drugs are increasingly prescribed to improve these problems, whereas research has demonstrated that people who are obese and also use sleeping pills are exposed to a higher risk of death!

Once again, our body is able to produce the cure for this problem, albeit if you provide the motivation for it: Regular cardio exercises help us sleep better, longer and deeper sleep, as simple as this. Even those suffering from chronic insomnia, but do some sort of little light cardio exercises in the evenings, fall asleep 54% faster and sleep 37% longer compared to other groups.

#### 9. Cardio increases bone density

When women get older, they suffer from a disease called osteoporosis, i.e., bone tissues becoming thin or bone density losing away. If you see an elderly woman with a bent back, you have probably observed an early version of osteoporosis. Cardio combined with strength exercises greatly increase chances of preventing this condition.

#### 10. Cardio increases self-confidence

Many of the people having a sedentary life feel that their body is a vehicle rather than a part of themselves and do not care about it. Work on your body, feel it and see the changes; this will completely change the way you see at your body. Particularly if you benefit from cardio exercises, you will lose weight, have better sleep and your depression decreases. These changes will increase your self-confidence in an amazing way.