

### Cardiovascular Health

On page 454, you saw that the 60–65% target of your maximum heart rate is called the “fat burning zone.” The 80–85% target is called the “cardio zone.” Both of these target zones are classified as *aerobic exercise* because they involve increased oxygen to the lungs. *Anaerobic exercise* (without oxygen) includes activities like weight lifting, which are designed to increase muscle mass.

	60–65% MHR	80–85% MHR
Total calories expended per minute	4.86	6.86
Fat calories expended per minute	2.43	2.70

Cardio zone  
↓

Your cardiovascular system consists of your heart and your blood vessels. Cardiovascular fitness refers to the ability of your heart, lungs, and other organs to transport and use oxygen. The maximum volume of oxygen your body can transport and use is called your *aerobic capacity*. When you exercise regularly, you can increase your cardiovascular fitness as your heart becomes more efficient at pumping blood and oxygen to the body, and as your body becomes more efficient at using that oxygen.

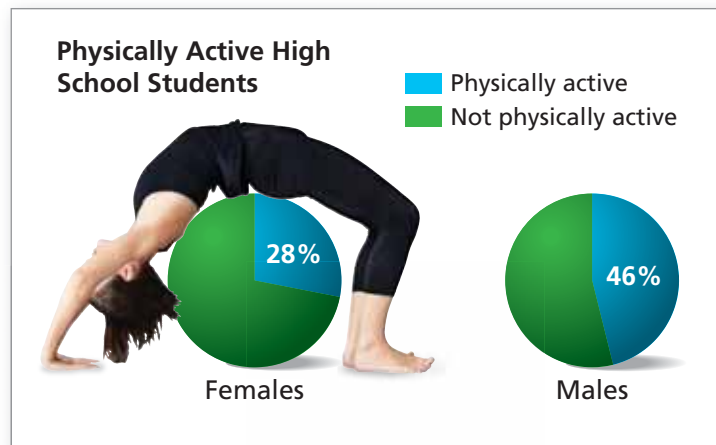
#### EXAMPLE 5 Graphically Representing Health Claims

Graphically represent one of the statements.

- Cardiovascular disease accounts for about 34% of all deaths in America.
- Lack of physical activity is a risk factor for cardiovascular disease. About 49% of Americans 18 years old and older are not physically active.
- About 46% of male high school students and 28% of female high school students are physically active.
- Even low-to-moderate intensity activities, such as walking, when done for as little as 30 minutes a day, bring benefits.

#### SOLUTION

Here is one possibility.



#### ✓ Checkpoint

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Choose a different claim and represent it graphically.