

SMOHIT Body Maintenance

Toolbox Talks for the Sheet Metal Industry

Cardiovascular Endurance

- Cardiovascular endurance refers to the body's ability to do large muscle work.
- Cardiovascular endurance strengthens the ability your cardiovascular system (heart and lungs), so that they can pump blood and deliver oxygen through your body more efficiently.
- Cardiovascular endurance promotes an increased supply of oxygen and energy to your body.
- Cardiovascular endurance decreases the risk of diseases that may shorten your life, such as heart disease, stroke and high blood pressure.
- A well-conditioned heart becomes stronger and more efficient, conserves energy, and supplies oxygen-rich blood to the rest of the body while performing less work.
- Cardiovascular endurance can be achieved through aerobic exercise.
 - Aerobic exercise includes walking, hiking, jogging, basketball, tennis, bicycling, swimming, gardening and yard work, etc.
 - Aerobic exercise typically lasts 20-60 minutes and is done three to five times a week.
 - The minute you start to exercise, your metabolic rate (amount of energy you expend) immediately increases to somewhere between 5-20 times what you expend sitting down.
 - Three hours each week of aerobic exercise will strengthen your heart, making it more efficient and will increase the ability of muscles to use oxygen.

Notes:

Instructor Tips

- **Explain that a normal heart beats at a rate of approximately 70 beats per minute at rest or about 100,000 beats a day.**
 - **A well-conditioned heart can actually beat as few as 40 times a minute at rest or approximately 50,000 beats per day.**
- **Ask workers if they regularly work on their cardio endurance outside of work, and if so, what do they do.**
- **Explain that aerobic exercise also contributes to better bone strength, mood, and weight.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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Exercise (2)