**Cardio**

Philippians 4:13 – I can do all things through Christ who strengthens me.

This month we'll be focusing on cardio. Cardio is great for your body because it improves heart condition. Your heart is a muscle just like any other and in order for it to become strong it must be worked. If you fail to work it, it will weaken over time and this can cause a variety of negative health effects. By getting the heart pumping at a faster rate on a regular basis you will keep it in shape and healthy. Too many people are getting winded just performing simple exercises such as walking up the stairs and the primary reason for this is because they are neglecting to work their heart muscle. With that being said, we'll be conducting the 30/60/90 interval exercise. This can be done on a treadmill, track or anywhere you have room to run.

**Before you do anything say a quick pray and then you want to ensure that you properly stretch.**

Begin your routine with a 5 to 10 minute warmup at an incline of 1 – gradually amping up your speed to a comfortable jog.

Speed up for 30 seconds, and then return to a light jog for 30 seconds.

Speed up for 60 seconds, return to a light jog for 60 seconds.

Speed up for 90 seconds, return to a light jog for 90 seconds.

(Do this first sequence of drills at a moderately fast speed, not an all-out blast.

Repeat the entire sequence (30-, 60- and 90-second drills at 1, 2 and 3 percent) at least one more time. while you're doing this second itiration try to push yourself a little harder. Don’t forget to cool down!

**Activity**: This month I want to focus on setting goals. Come up with one goal that you want to achieve physically. Come up with your goal by Mid June, 2018. Once you come up with your goal share it with someone. The plan is to achieve this goal by the end of this month.