

**Cardio Meister**

**Video**

 https://www.youtube.com/watch?v=8sAWJdQtGbE

 https://www.youtube.com/watch?v=8JpKOczCPHU

 https://www.youtube.com/watch?v=qWy\_aOlB45Y

 https://youtu.be/W5IiasNutB8

 https://www.youtube.com/watch?v=CBWQGb4LyAM

**Tools**

 https://www.verywellfit.com/cardiovascular-fitness-1230820

 https://www.healthline.com/health/fitness-exercise/cardio-exercises-list

 https://www.womenshealthmag.com/fitness/a22995307/cardio-exercises/

 https://www.mensjournal.com/health-fitness/back-basics-11-ways-build-yourbest-cardio-workout/

**Training**

 https://www.unionrestaurant.com/4-reasons-why-fitness-is-important/

 https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physicalactivity-

so-important-for-health-and-wellbeing

 https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-

20048389

 https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-itsimportant

 https://www.healthstatus.com/health\_blog/wellness/the-importance-ofphysical-fitness/

**Blogs**

 https://www.acefitness.org/education-and-resources/lifestyle/blog/

 https://detailed.com/fitness-blogs/

 https://www.developgoodhabits.com/fitness-blogs/

 https://blog.feedspot.com/fitness\_blogs/

**Forums**

 https://www.dexafit.com/blog2/top-20-health-and-fitness-blogs-2018

 https://www.stylecraze.com/articles/top-fitness-blogs/

 https://blog.movegb.com/why-exercise-is-never-a-waste-of-time

 https://masterysky.com/2018/06/05/fitness-definitely-not-a-waste-of-time/

**Infographics**

 https://www.openfit.com/what-is-cardio

 https://diet.mayoclinic.org/diet/move/cardio-101

 https://www.healthline.com/health/cardio-exercises-at-home

 https://www.womenshealthmag.com/fitness/a22995307/cardio-exercises/

 https://www.besthealthmag.ca/best-you/fitness/what-is-cardio-and-why-do-weneed-it/