


Module 5: Keeping It Together


Topic 5 Content: Types of Aerobic Activities Notes

Introduction

Types of Aerobic Exercise



Introduction



When choosing aerobic exercises to include in your fitness routine, select those that fit your fitness level and your interests. There are many types of aerobics like kickboxing, walking, or biking. There may be various aerobic classes available in your community. In this interactivity, click each tab to explore several different aerobic exercises that may suit your interests.

- High-Impact
- Low-Impact
- Kickboxing
- Step
- Dance
- Water

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High-Impact Aerobics

Types of Aerobic Exercise

High-Impact

High-Impact Aerobics

High-impact aerobics is a form of aerobics that involves jumping, jogging, and hopping. High-impact aerobics is very vigorous and not for those who have just started exercising or for those who may need to avoid placing excess stress on their joints.



Low-Impact

Kickboxing

Step

Dance

Water

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Low-Impact Aerobics

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High-Impact	Low-Impact	Low-Impact Aerobics	Kickboxing	Step	Dance	Water
						
		<p>Low-impact aerobics is a less vigorous form of aerobics that places minimal stress and pressure on your joints. Walking can be an excellent form of low-impact, aerobic exercise. When walking outdoors, be sure to limit your headphone use so that you are able to stay alert and aware of your surroundings.</p>				

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Kickboxing Aerobics

Types of Aerobic Exercise

High-Impact	Low-Impact	Kickboxing	Kickboxing	Step	Dance	Water
			<p>Kickboxing is a type of aerobic exercise similar to high-impact aerobics and involves martial-art kicks and boxing.</p>			
						

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Step Aerobics

Types of Aerobic Exercise

High-Impact
Low-Impact
Kickboxing
Step

Step



Dance
Water

Step aerobics combines low-impact and body-toning exercises and uses a step box to increase the intensity. From the warm-up to the cool-down, you use the step at all times. While doing step aerobics, you strengthen your legs, back, abdominals, and hips.

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Dance Aerobics

Types of Aerobic Exercise

High-Impact	Low-Impact	Kickboxing	Step	Dance	Dance
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Dance

Dance aerobics can include both a low- and high-impact aspects of dance. The dance moves done during the exercise depend on what dance it is inspired by (hip hop, ballet, jazz, etc.).



Water

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Water Aerobics

Types of Aerobic Exercise

High-Impact	Low-Impact	Kickboxing	Step	Dance	Water
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Water



Water aerobics are fun and energetic exercises done in a pool. When engaging in water aerobics, you may think you are just splashing around in the water, but you are working all your muscles. Water aerobics help to tone those flabby areas of your body by taking advantage of the natural resistance that water provides. Water aerobics are a good option for those with problem joints or arthritis.

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