

# Get the most from your cardio workouts

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(HealthDay)—You've made the decision to meet the 150-minutes-per-week goal of cardio workouts for better health. Now use these tips to make the most of these workouts.

If you're using a machine, like a treadmill or [stationary bike](#), check that you're maintaining proper form. Just as coasting when riding a bike outdoors doesn't provide a [workout](#), resting your upper body on the handles of a machine or slumping on its console means you aren't working as well as you could be. If you're having a hard time staying upright, you may have set the machine at too fast or challenging a setting.

Speaking of [machines](#), resist making one machine in particular your only type of cardio workout. You'll expand your horizons and get some fresh air by running or walking outdoors or taking a swim when weather permits. You might find that being outside makes the workout more interesting and invigorating.

When working out at a gym, add a fun element by creating a cardio fitness circuit, especially if you find yourself getting bored after the first 10 minutes on a machine. Break up your workout into a mini triathlon: 10 minutes on the treadmill, 10 on the bike and 10 in the pool doing laps or water exercises.

Remember that cardio doesn't always have to feel like hard work. Spend a fun evening going dancing with friends or your significant other. It may not seem like it, but if you break into a sweat, you're getting your heart rate up.

Finally, make a plan to regularly try a new form of [cardio](#), not just to stave off boredom, but also to challenge different muscles and add to your overall fitness level.

**More information:** The American Council on Exercise has tips to help you make the most of [cardio workouts](#).

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