

# Sports World Magazine Article

Your task is to write a magazine article explaining the importance of aerobic exercise. In your article you should aim to include:

- An explanation of the benefits of aerobic exercise.
- The science of aerobic exercise.
- The science of anaerobic exercise.
- The relevant word equations.
- The circumstances under which each type of respiration is used, and how to maintain an aerobic state of exercise.

**The following information will be useful:**

Aerobic exercise is generally referred to as “cardio” in sports contexts.

Exercise that is intense, like sprinting and weightlifting, tends to be anaerobic, whereas exercise types that result in a slower energy requirement, like jogging, swimming, and walking are generally aerobic.

Aerobic exercise is linked to a series of health benefits such as reduced chances of cardiovascular disease, diabetes, and some cancers, amongst other benefits.

