Cardiovascular exercise still seems to be a dreaded activity for many people; however, its benefits include strengthening your heart, reducing body fat and surprisingly, stress, which is critical for a healthy mind and body.

There are many forms of cardiovascular exercises that amputees can take part in, with or without a prosthesis; some are better suited for active amputees, while others are better suited for those who are beginners or who may have medical restrictions.

For those amputees who have no restrictions and wear a prosthetic leg and have no pain or discomfort, there are numerous pieces of cardiovascular equipment to choose from. If you don’t belong to a gym or have access to equipment, you can still walk, bike or hike in the great outdoors. This is a popular option this time of year when the weather is nice and you don’t want to be cooped up inside. However, if you prefer to walk, you need to understand the importance of keeping a steady pace.
If you have access to cardio equipment, bikes, treadmills, rowing machines and ergometers, there is no stopping you from getting a healthy workout and achieving the results you want.

For anyone who can wear a prosthesis without pain or for beginners that have little to no discomfort, walking on a treadmill or riding a bike is a perfect selection to get started.

Rowing machines work well for those with or without a prosthetic leg.

For those in wheelchairs or who don’t use a prosthetic leg, ergometers are another way to challenge yourself. Some styles have seats, while other types sit on tabletops so you can wheel right up to the table. You can adjust the tension and add more minutes to continue to progress.

Remember: An important aspect of any form of exercise is that you must challenge yourself in order to get the results you desire.