

Climbing stairs without shortness of breath and other signs of excellent heart and lung health

To determine if your cardiovascular system is in good condition, pay attention to your body's signals. There are five key indicators.

You can climb stairs without experiencing shortness of breath. If you can ascend several flights of stairs without breathlessness or wobbly legs, this is an excellent sign. If not, consider incorporating endurance exercises into your routine.

Your resting heart rate is low and stable. The average resting heart rate for adults is between 60 and 100 beats per minute, and for well-trained individuals, it's around 50 or lower.

You recover quickly after exercise. If your heart rate drops significantly within one to two minutes after intensive exercise, it suggests your cardiovascular system is functioning well.

You can handle moderate to high-intensity exercise. This means maintaining a steady pace during jogging, cycling with high resistance, or intense workouts without frequent breaks. If short bursts of activity completely exhaust you, think about adding more steady cardio or interval training to your routine.

Your heart rate stays within normal limits during exercise. That is, around 60–70% of your maximum heart rate for an extended period. Another good sign is if your heart rate doesn't reach its full maximum during intense workouts.

These materials are not a substitute for medical advice. Consult a specialist before making decisions.