

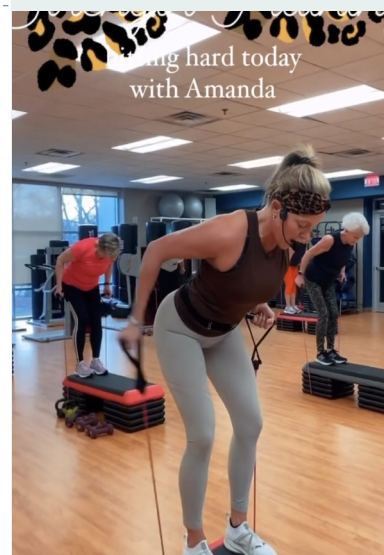


WEIGHT LIFTING VS. CARDIO

One of the most common questions asked as a trainer is, “which is better for weight loss weight lifting (strength training), or cardio?” This is a loaded statement because both play a key role in maintaining a healthy weight. A cardio workout burns more calories than weight lifting. However, your metabolism stays more elevated for longer after you weight train rather than cardio. Reread the above sentence!

It is commonly said that building lean muscle is the key to increasing your metabolism. In fact the most recent studies show that a persons resting metabolism may stay elevated for up to 38 hours after training, while there is no study, yet, showing the same facts with cardio. All of this varies depending on the persons weight and intensity of training. One example is a HIIT, high intensity interval training, which involves short bursts of intense exercises alternated with low-intensity recovery periods. HIIT workouts can be completed in 30 minutes. Intense exercises such as burpees, tuck jumps, sprints, etc. followed by recovery exercises such as push-ups, shoulder presses, bicep curls, etc. Performing a HIIT based workout gives you the best of both worlds, strength and cardio, in a short amount of time.

Throughout this newsletter I will provide you with benefits of both weight lifting and cardio, and why you need to perform both.



BENEFITS OF CARDIOVASCULAR EXERCISES:

How often should you exercise?

The benefits of any exercise program will shrink if it is disrupted often.

A “stop-start” routine is not only ineffective but can cause injuries.

Otherwise, be consistent with exercise to achieve your desired results

Don't assume that more is better!

Doing *TOO MUCH TOO SOON* or performing intense exercises daily will have harmful effects such as: muscle/tendon strains, loss of lean tissue, fitness levels will plateau too fast, and people tend to burn themselves out!

For beginners – 3 days a week is realistic, safe, and effective. As a beginner you should aim to build up to 30 minutes of cardiovascular

activity. A beginner is considered a very sedentary lifestyle...sitting in front of a computer, TV, reading, etc. most days. Very little aerobic activity.

For intermediate and experienced exercisers- 5-6 days a week, performing cardiovascular exercise for 30-60 minutes. Typically, an advanced exerciser does not need more than 200 minutes per week with 60-minute sessions. Focus on exercises such as walking, jogging, elliptical trainers, rowing, cycling, interval trainer, etc.

Don't forget- warm up, cool down, and stretching! You should always do a 3-5 minute warm up and cool down at the beginning and ending of your workouts. Don't forget to stretch!

Top benefits of cardiovascular exercise:

1. Improves heart health
2. Regulates appetite
3. Increases blood flow and decrease stroke chances
4. Improves memory and thinking (helps protect against Alzheimer's disease)
5. Helps manage arthritis
6. Increases life span
7. Releases endorphins
8. Helps with stamina and endurance
9. Keeps excess pounds off
10. Helps decrease viral sickness

Examples of cardiovascular exercise:

1. Brisk walking
2. Running
3. Swimming
4. Biking (Cycling)
5. Jump rope
6. Dancing
7. Hiking
8. Kickboxing
9. Elliptical Trainer
10. Rowing
11. Step class
12. HIIT training

BENEFITS OF WEIGHT TRAINING:

There are lots of benefits to weight training such as:

1. Stronger bones– as we age bones become brittle and weaker. Lifting weights helps keep them stronger and decreases osteoporosis.
2. Manage weight– remember helps increase metabolism!
3. Manage chronic conditions- helps decrease the symptoms of arthritis, back pain, obesity, heart disease, depression, and diabetes.
4. Decreases body fat!
5. Can help you appear leaner– muscle looks leaner than fat (adipose tissue)
6. Improves joint flexibility
7. Decreases risk of falls
8. Lowers injury risk– helps with your range of motion and movement
9. Boosts your mood
10. Promotes a better quality of life

Different forms of weight training:

1. Body weight such as push-ups, squats, planks, lunges, pull-ups, etc.
2. Free weights such as dumbbells, barbells, kettlebells, medicine balls, battle ropes, etc.
3. Resistance bands/loops– bands that provide resistance when stretched.
4. Weight machines– machines with adjustable weights.

Regardless of the type of weight training you perform, the goal is to put your muscles under tension to allow muscle growth. With consistency you will become stronger!

