

Cardio vs. Weight Training: Why Do Both?

The American Heart Association recommends getting at least 150 minutes of moderate (or 75 minutes of vigorous) cardiovascular (or “cardio”) activity per week. But to get the best results of fat-burning and muscle-building, it’s also critical to incorporate weight training into your workouts at least two days per week.

Cardio enhances your body’s ability to utilize oxygen, while weight training enhances your body’s ability to activate muscles and become stronger. Both of these outcomes are important to overall health. However, there’s a notable distinction between the two types of exercise.

Cardio burns more calories during a workout than lifting weights... but after about 10 minutes post-workout, your body no longer burns extra calories. Conversely, after a weight training workout, your body will continue to burn calories throughout the day. So by doing both, you lose weight faster.

Of course, exercising isn’t all about appearance. Regular workouts aid in the performance of home and work tasks, and help you sleep better. Plus, keeping active improves your memory and thinking.

Remember, whether lifting weights or running on the treadmill for some cardio, always consult your family physician before beginning a vigorous workout regimen.



Slow and Steady Wins the Fitness Race

Fitness takes time. It’s important to go at a rate your body can safely adapt to.

- Cutting out too many calories too quickly can cause fatigue, making exercise harder. It can also decrease your body’s ability to synthesize new, metabolically active muscles.
- Your muscles don’t get stronger or faster during your workouts. You get fitter in the hours and days in **between** your workouts.
- Most people should not aim to lose more than two pounds per week.
- While a little discomfort while exercising is normal, if you feel pain, reduce your workout intensity.
- Body changes you can see will take time to develop. Don’t give up if you don’t visibly see results right away.



SOURCES: American Heart Association, Mayo Clinic, U.S. News & World Report