

Cardio vs. Resistance Training

Anything is Better Than Nothing

There's a lot of debate about what kind of exercise is "best" for weight loss. The most important thing is to do something - develop the habit of exercising first. However there are two main categories when it comes to exercise: cardiovascular exercise and resistance training.

Cardiovascular Exercise

Cardiovascular exercise focuses on improving your cardiovascular system (heart, lungs, and blood vessels). It involves any activity that gets your heart rate up and keeps it there.

Cardiovascular exercise burns a lot of calories immediately, which speeds short-term weight loss efforts. It also has a variety of health benefits.

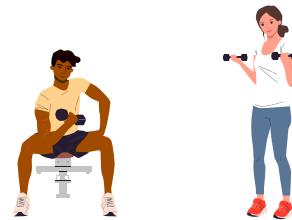


Examples: Walking, Running, Swimming, Bicycling, Jump Rope

Resistance Training

Resistance training burns less calories in the short term than cardio, but builds more muscle, which requires calories to maintain and increases your metabolism long-term.

Resistance training isn't limited just to lifting weights and includes bodyweight exercises like pushups, sit-ups and squats.



Examples: lifting weights, cable machines, bodyweight exercises, mat Pilates, banded exercises

Which to Choose?

The best approach for weight loss and overall health is to do some of both. However if you have specific body goals, you may choose to focus on the type of exercise that will give you the results you want.

If your goal is to lose weight quickly and be in better overall health, you should incorporate cardio.

If your goal is to be shapely rather than thin, or just be able to do more physically (carry objects) you should incorporate resistance training into your weight loss efforts.