

Double Down – Aerobic and Resistance Training

Aerobic exercise is ... “any activity that uses large muscle groups, can be *maintained* continuously, and is *rhythmic* in nature.”

Also referred to as: endurance, cardiovascular, cardio respiratory activity

Benefits of Aerobic Exercise

- Keeps excess pounds at bay
- Increases stamina
- Wards off viral illnesses
- Reduces health risks
- Manages chronic conditions
- Strengthens your heart
- Keeps your arteries clear
- Boosts your mind
- Stay active, independent as you age
- Live longer

Resistance training is ... a form of strength training in which each effort is performed against a specific opposing force

Muscle-strengthening activity that increases strength, power, endurance and mass

Benefits of Resistance Training

Reduced risk of:

- | | | |
|------------------------|---|---|
| Obesity | ⇒ | Increases muscle mass |
| Cardiovascular disease | ⇒ | Decreases body fat |
| Osteoporosis | ⇒ | Increases bone mineral density |
| Depression | ⇒ | Increases strength and functional ability |



Resistance training also helps you: reduce your risk of energy, boost your stamina, and sharpen your focus

Aerobic vs. resistance training: Is this the battle of the ‘fitness titans’?

Burning calories = ↓ body fat

- One minute of aerobic exercise burns approx. 2 more calories/minute than resistance.
- But, your body burns an **additional 25% more calories** for up to one hour after resistance exercise.

Calorie Burning

Did you know ...70% of calories you burn during the day are used to support basic body functioning?

The smartest, most efficient way to lose weight is to increase your **basal (resting) metabolic rate**. *Muscle* has high metabolic activity → resting metabolic rate is directly related to **fat-free mass**.

The more fat-free mass you have, the more calories you expend in a day!

Use It or Lose It

As you age...

- Body weight
- Height
- Body fat
- Fat-free mass



The good news: Training can help to attenuate these changes!

The Verdict Is In

Aerobic exercise and **resistance training** are crucial to developing and maintaining a physically fit and healthy body.

The biggest winners are those that include both aerobic and resistance exercise in their physical activity programs

Aerobic Training Guidelines

“To achieve health benefits, adults should accumulate at least **150 minutes** of moderate-to-vigorous- intensity aerobic physical activity per week, in bouts of 10 minutes or more.”

What is moderate-to vigorous- intensity?

Intensity	% HR max	RPE	Example activity
Light effort	57-63	10 -11	Light gardening
Moderate effort	64-76	12 -13	Brisk walking
Vigorous effort	77-95	14 – 16	Jogging

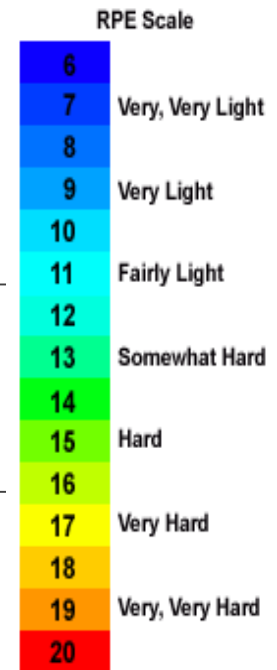


$$\text{HR max} = 220 - \text{age}$$

RPE

While exercising individuals can rate how hard they feel they are working. Monitoring exercise intensity has proven very accurate.

Moderate-to vigorous intensity



Resistance Training Guidelines

- 2 or 3 **non-consecutive** training days/week
- 8-10 exercises for the major muscle groups
- 1 set of each exercise; **8 – 12 repetitions** per set of exercise
- **Full range** movements (pain free)

A resistance training program emphasizing **dynamic exercises** involving concentric (shortening) and eccentric (lengthening) muscle actions that recruit **multiple muscle groups** is recommended.

Include exercise targeting the major muscle groups:

- Chest
- Shoulders
- Arms
- Back
- Hips
- Legs
- Trunk



People don't just have time to exercise, they MAKE time to exercise. Be in control of your life. Make exercise a part of your day, every day!

- Join a weekday community running group.
- Take a dance class after work.
- Take up a favorite sport or try a new one.
- Bike or walk to work everyday.