



Cardio versus Strength Training

In your quest for better fitness, you may have questioned whether you should focus on cardio or strength training. So which type of exercise is better for you?

Experts are quick to point out that this isn't an either/or question. In fact, current exercise guidelines suggest doing both. Experts recommend at least 30 minutes of moderate cardiovascular exercise five times weekly and a session of strength training twice a week. Make sure to talk with your doctor before significantly increasing your level of physical activity.

Here are some of the benefits cardio and strength training offer:

Cardio

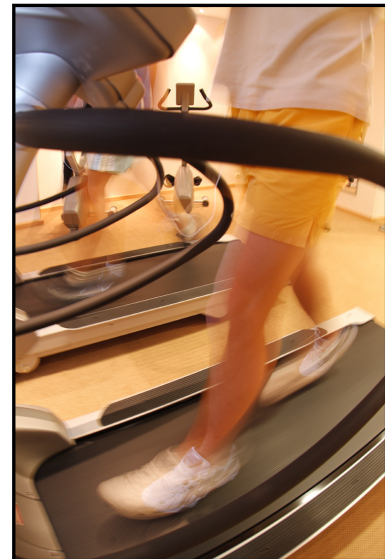
Cardiovascular exercise, also called aerobic exercise, works your heart and lungs and helps you build endurance. Cardio also burns calories, which can help you maintain or lose weight.

Examples of cardio include brisk walking, running, swimming, or cycling.

Strength Training

Strength training makes muscles contract or move against significant resistance. This type of exercise increases muscle mass, strengthens connective tissue, and slows bone loss.

Examples of strength training include using free weights, weight machines, and resistance bands, or doing sit-ups and push-ups.



Go for the Combo

Instead of pitting cardio and strength training against one another, think of them as partners. Including both in your fitness routine can bring you the unique advantages each has to offer. Don't forget to also include stretching and flexibility exercises in your routine.

Source: UnitedHealthcare

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).