

RESISTANCE TRAINING

FACTS



Examples: Lifting free weights, using weight machines or resistance bands, push-ups, etc.



Better for muscular fitness and bone strength.

PROS



Reduces the risk of, or dying from, heart disease, type 2 diabetes, and cancer. Reduces risk of osteoporosis and bone loss. Reduces loss of muscle mass with aging. Improves balance and posture.

CONS



Follow the proper form when lifting weights to avoid injury. Don't lift anything that strains your muscles too much.

CARDIO TRAINING

FACTS



Examples: Running, walking, cycling, dancing, etc.



Better for heart health over resistance training

PROS



Also reduces risk of, or dying from, heart disease, type 2 diabetes, some cancers. Helps manage weight and lower blood pressure. Reduced risk of dementia and symptoms of depression. Improved bone health and better sleep.

CONS



Could injure yourself if you don't follow a cardio program suited to your age and fitness level.

PUMP IT UP

RESISTANCE OR CARDIO?

Cardiovascular (aerobic) and resistance training both pack a powerful punch. It's even better for your health when you combine the two. But, are there different benefits they each offer? Let's work it out.

Talk to your health provider before starting any exercise program.