

Should you do cardio or lift weights?

Cardiovascular workouts and weightlifting are two types of exercise that differ in intensity, duration, and the groups of muscles that they use. They also burn calories in different ways. While cardiovascular exercise helps the body burn more calories per session, lifting weights allows the body to burn more calories in the long term. The American College of Sports Medicine (ACSM) define aerobic exercise as any activity that uses large muscle groups, is possible to maintain continuously, and is rhythmic.

Cardiovascular exercise (cardio) is a form of aerobic activity. It increases breathing rate, burns calories quickly, and improves overall endurance. Examples of aerobic exercise include cycling, dancing, jogging, and swimming.

The ACSM define anaerobic exercise as intense physical activity of short duration, which uses fuel from energy sources within the contracting muscles rather than relying on inhaled oxygen. Lifting weights and sprinting are both examples of anaerobic exercise.

Strength training, including weightlifting, helps people gain muscle, which speeds up metabolism and burns more fat in the long term.



Which aerobic exercises burn the most calories?

The Centers for Disease Control and Prevention (CDC) recommend the following high-intensity anaerobic exercises to burn calories effectively:

- Jogging or sprinting
- Competitive sports, such as football, basketball, and soccer
- Jumping rope
- Inline skating or rollerblading at a fast speed
- Cross-country skiing
- Swimming laps

Making the most of your exercise program

Regardless of the chosen form of exercise, people can use the following safety tips to help make sure that they maximize the effectiveness of their workout:

- Take 5 to 10 minutes to warm up and cool down by doing stretches.
- Make gradual increases in physical activity, especially if not very physically active.
- Rest between strenuous workouts, and do not exercise too much if feeling faint or ill.
- Do not rush to lift heavy weights. Correct form and strength building takes time, so start with light weights to master the techniques.
- Do not do any high-intensity exercise in hot, humid conditions as this can lead to severe dehydration.
- Stop exercising if signs of overheating occur, such as a headache, dizziness, nausea, cramps, or heart palpitations.
- Wear clothes and shoes that are suitable for the type of physical activity.

Source: MedicalNewsToday.com

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