

## WEIGHTS & CARDIO Do I Need Both? *Absolutely!*



There are several benefits to including weight training with your cardiovascular workout, or vice versa. It's great to have a routine of cardio or strength, but to incorporate both is going to give you an improved outcome.

Strength training has the tendency to change the composition of the muscle tissue. As muscle tissue increases in the tone and density it will also increase both working and resting metabolism. Therefore, we create an increased calorie or fat burning mechanism within the body.

The result of cardiovascular training affects fat burning and heart, lung and circulation improvement. By effectively working within a "training target zone" you are able to effectively maximize the amount of fat you burn during your exercise session.

The combination of strength training, which changes muscle density and muscle metabolism, paired with fat burning cardiovascular activity is the absolute best way to obtain life long weight control results!

Some supplements claim to boost your metabolism by raising your heart rate. While this will burn a few more calories, it is not always healthy to raise your heart rate in this manner. The correct way to permanently raise your metabolism is through weight training. When you weight train, your muscles get toned and leaner. Toned and leaner muscles burn more calories even while you are sleeping. Burning more calories while at rest is the real increase in metabolism.

### **A Few Other Tips That May Help:**

- 1) Vary your strength routine. For example, instead of doing standard bicep curls all the time, try a set of hammer curls every other time.
- 2) Eat more. Divide your three meals a day into six small meals a day with the higher calorie meals earlier in the day. This will keep your body from thinking that it's starving and holding onto all the fat you consume throughout the day.
- 3) Drink cold water. Your body has to burn calories to warm it up before utilizing it.
- 4) Exercise Intensity, Frequency and Duration. To Gain the absolute most from your exercise routine follow the following basic guidelines:

**Intensity:** Work at the proper intensity - 70 to 80% of your maximum Heart Rate for optimal fat burning.

**Frequency:** A minimum of 3 to 4 exercise sessions per week.

**Duration:** Something is better than nothing! Strive to build a 30 to 40 minute duration as a minimum.