

Did you know???

Aerobic exercise such as cardio machines, spinning, running, swimming, walking, hiking, aerobic group fitness, dancing, skiing, and kickboxing have the following health benefits:

- Builds endurance
- Boosts HDL (good) cholesterol
- Helps maintain a normal weight
- Prevention of heart attack, stroke, diabetes, dementia, depression, colon and breast cancers, and early death.

Strength Training is a type of physical exercise with the use of resistance to increase muscular contraction which builds strength, endurance, and size of musculature. The following benefits can be received by incorporating strength training into your regimen:

- Build muscle strength while burning fat
- Strength and agility of activities of daily living
- Helps maintain bone density
- Atrophy (muscle wasting) can be reduced or even reversed by adding resistance training as little as 1 day a week

Be sure to ask a Fitness Specialist about how to incorporate strength and aerobic exercise into your exercise regimen!

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3933242/>

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