

healthy
for  **LIFE**™
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resistance & cardio



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The best bodies are built with a combination of resistance training and cardiovascular activity.

Cardio, such as running, aerobics, swimming, and cycling, burns calories during your workouts. Resistance training, such as lifting weights, using resistance bands, and Pilates keeps your metabolism revving on high for longer. Plus, when you lift weights and build muscle, you burn more calories at rest.

One pound of muscle burns about 50 calories a day, versus a pound of fat which burns only four calories a day. Translation: increase your muscle mass, and you can eat more without gaining weight!

COMBINE RESISTANCE AND CARDIO

Grab a Kettlebell – Kettlebells are cast iron weights that look like a ball with a handle on top. Using one, with swings or static movements, forces your body (especially your core!) to engage multiple muscles at once.

Walking Planks – Start with a basic elbow plank, and then push up into a full plank (push-up position). Do three sets of ten reps to really target your abs, lower back, chest, and shoulders.

Row, Row, Row Yourself – Most gyms have rowing machines that give you the same (if not better) benefits of grabbing an oar.

Mix It Up – Shake up your usual cardio routine by adding resistance intervals. For every five minutes of cardio you do, take a short “break” and add 10 push-ups, 10 squats or lunges, and sit-ups. Adding intervals is a great way to save time in the gym.

Hit the Hills – Add resistance or incline to your next jog, bike ride, or treadmill workout. The resistance from these uphill movements will sculpt your legs while you work your heart.

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