Short Fit Fact Dec 2022

What Are the Three Main Types of Exercises You should be doing? This is a two-part fit fact; 2nd part will be posted for January 2023

On a weekly basis we should engage in cardiovascular exercise, strength training and stretching. One is not enough, and it should be spread out throughout the week on several occasions. Frequency and time are two other factors we’ll address in the second part of this two-part series.

For starters, cardiovascular aerobic exercise, according to the National Academy of Sports Medicine (NASM), is a repetitive and rhythmic exercise which increase your heart rate and requires you to use more oxygen. Aerobic exercise, cardiovascular exercise or “cardio” are also names that this exercise is often called.

Strength/resistance training is an exercise designed to increase strength and power. You begin to use progressively heavier weights or resistance for the building and maintaining muscles. This area is also called toning, body building, weightlifting and resistance training

Stretching is the third area and the area most people tend to skip. Stretching or lengthening your muscles helps to keep you agile or limber and this helps with your regular activities of daily living. Having the flexibility is a plus for your exercise routine and it assists with decreasing muscle tension and increasing circulation. Recall our topic on dynamic and static stretching earlier in the quarter.

Keep this information in mind and we’ll look at other factors as you begin or adjust your fitness routine in the second part of this Fit Fact series.