



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 8/30/2021: Aerobic vs. Anaerobic

#### Aerobic vs. Anaerobic Exercise

##### What Is the Difference?

**Aerobic**, often referred to as “*cardio*”, literally means with oxygen. It uses oxygen for fuel.

**Anaerobic**, or *resistive training*, literally means without oxygen and the opposite of aerobic exercise.

Aerobic, often referred to as “cardio”, literally means with oxygen. It uses oxygen for fuel – hence the name aerobic [with oxygen].

It is a form of low-intensity exercise performed for an extended period of time. It is referred to as cardio because it can help improve your body’s cardiovascular system.

Anaerobic, often referred to as weightlifting or resistive training, literally means without oxygen.

It is the opposite of aerobic exercise and typically utilizes high intensity exercises for shorter periods of time. Instead of using oxygen, this form of exercise uses glycogen [sugar] as a fuel source.

#### Examples of Cardio versus Resistive Training

The goal of cardio training is to achieve an elevated heart rate. This is typically accomplished with exercise like jogging, biking, rowing, swimming etc.

The goal of resistive training is to build muscle, bone density and strength using equipment that challenges - provides resistance - to various muscle groups. Equipment may included barbells, dumbbells, kettle bells, resistance machines, stretch bands or even your own body weight.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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# Is One Better Than The Other?

Some exercise is **always** better than no exercise. Moving around is always better than sitting around. However, there is a definite answer as to which form of exercise is best. Drumroll please... And the answer is...

## Resistive Exercise!

Cardiovascular exercise obviously helps to improve your cardiovascular systems, but the physical benefits are pretty much limited to that.



Resistive training not only improves your cardiovascular system [perhaps to a lesser degree than aerobic exercise]. It also provides many additional benefits.

Strength or resistive training builds strength, muscular endurance, flexibility, balance, core stabilization, proprioception (awareness of the position and movement of the body), as well as bone and mineral density.



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## Take-Home Message

Unless you have a specific goal of wanting to excel in long distance endurance events, invest most of your time and energy in resistive training. You will get cardiovascular benefit with SO much more.

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