

3 Types of Exercise to a Better Health

Looking to start exercising but not sure what activity is best for your goals? There are 3 types of exercises that provide different benefits. Check out the below illustration for activities and benefits:



Strength Training

Benefits:

- Helps build muscles
- Increases metabolism
- Increases bone density
- Helps preventing Osteoporosis
- Helps control diabetes
- Helps in weight loss and prevents future weight gain

Examples:

- Weight Training
- Circuit Training
- Swimming



Endurance Training

Benefits:

- Helps reduce and control blood pressure
- Reduces risk of heart disease
- Increases stamina
- Burns the most calories
- Helps in weight loss

Examples:

- Running
- Walking
- Cycling
- Swimming
- Dancing



Balance & Flexibility Training

Benefits:

- Improves joint range of motion
- Improves posture
- Helps the nervous system to maintain a better balance

Examples:

- Pilates
- Yoga
- Tai Chi
- Stretching

Always check with your doctor before starting any exercise program. Ask a professional if you are not sure.