Which Burns More Visceral Fat: Cardio or Weight Lifting? Transcript

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Cardio vs. Strength Training: Which Is Better After 35?

You've probably heard You've probably heard conflicting advice conflicting advice about what's better to about what's better to choose after age 35: choose after age 35: cardio or strength cardio or strength training, and why you training, and why you should give should give preference to one. Most preference to one. Most people think that people think that cardio is for cardio is for weight loss and strength weight loss and strength training is for training is for rejuvenation, rejuvenation, rejuvenation, right? But I want right? But I want to break down what the research actually shows about research actually shows about each of these species. The each of these species. The honest answer honest answer is that is that choosing between cardio and choosing between cardio and strength strength strength training is not about training is not about finding a winner, but finding a winner, but understanding what understanding what each one does and what each one does and what specifically they do for specifically they do for you and your body.

Why Cardio Matters for Longevity & Healthspan

So a quick So a quick disclaimer: I am an integrative integrative medicine obstetrician-gynecologist, but I am not medicine obstetrician-gynecologist, but I am not a physical therapist and I do not a physical therapist and I do not teach people teach people exercise programs on a exercise programs on a regular basis.

regular basis. Therefore, before starting Therefore, before starting any new any new exercise program, exercise program, please consult please consult your doctor to see if your doctor to see if you can you can do it if do it if you have certain medical you have certain medical conditions. So, conditions. So, let's start with let's start with cardiovascular cardiovascular cardiovascular exercise. Cardio is the exercise. Cardio is the standard exercises standard exercises we are used to: running, we are used to: running, swimming, etc.

Research in this Research in this area is indeed very area is indeed very extensive. extensive. extensive. Cardiorespiratory Cardiorespiratory Cardiorespiratory fitness, or fitness, or cardiovascular health, is often measured often measured clinically using VO2 max. This is one of the VO2 max. This is one of the most important most important most important indicators of indicators of indicators of longevity and a longevity and a healthy healthy healthy life.

life. life. Life expectancy is how many Life expectancy is how many years you live, and years you live, and healthy healthy healthy life expectancy is life expectancy is how healthy how healthy you you you stay.

stay. stay.

Cardio, Heart Health & Brain Health

Numerous population-based Numerous population-based studies have found studies have found that low levels of that low levels of cardiorespiratory cardiorespiratory cardiorespiratory fitness fitness fitness are associated with a higher are associated with a higher risk of premature risk of premature death—even higher death—even higher than in women with than in women with type 2 diabetes or type 2 diabetes or those who smoke.

those who smoke. So, the condition of your So, the condition of your cardiovascular cardiovascular cardiovascular system is extremely system is extremely important. In addition to important. In addition to longevity, longevity, longevity, regular aerobic regular aerobic exercise after age 40 exercise after age 40 is associated with is associated with improved improved improved heart and vascular health. That is, heart and vascular health. That is, with a better condition of the with a better condition of the cardiovascular cardiovascular cardiovascular system. This becomes very system. This becomes very important as you age, important as you age, as as as the risk of heart the risk of heart disease disease disease naturally naturally naturally increases over time. In fact, it is a increases over time.

How Cardio Supports Weight Loss & Metabolic Health

In fact, it is a "silent killer" and the "silent killer" and the leading cause of leading cause of death among death among women. women. women. Cardio exercise also Cardio exercise also Cardio exercise also improves improves improves cognitive function, and cognitive function, and longitudinal longitudinal longitudinal studies studies studies confirm a lower confirm a lower risk of developing risk of developing dementia. Additionally, dementia. Additionally, you get you get improved improved insulin sensitivity and insulin sensitivity and metabolic metabolic metabolic regulation. So, regulation. So, you want to lose weight? You you want to lose weight?

Why Strength Training Becomes Essential With Age

You definitely definitely definitely need to include need to include cardio in your cardio in your workout plan. The type and workout plan. The type and intensity of cardio is of intensity of cardio is of great great great importance for importance for this age group, this age group, which I will which I will return to later. Now return to later. Now let's move on to strength let's move on to strength training. Strength training. Strength training training training targets a completely targets a completely different set of different set of physiological changes.

physiological changes. In particular, the two In particular, the two most significant ones most significant ones related to related to aging. Loss of aging. Loss of muscle mass and muscle mass and decreased decreased decreased bone density. So, starting bone density. So, starting around age 30, I around age 30, I don't know if you don't know if you know this, adult women know this, adult women typically lose typically lose about 3-8% of their muscle about 3-8% of their muscle mass per decade.

mass per decade.

Muscle Loss, Bone Density & Perimenopause

So if you So if you do nothing and don't do nothing and don't change your change your routine, you will routine, you will actually actually actually lose muscle lose muscle and bone density.

and bone density. This process for This process for muscles is called muscles is called sarcopenia, and sarcopenia, and the rate of this the rate of this loss loss loss accelerates significantly after accelerates significantly after age 60.

age 60. Perimenopause seems to Perimenopause seems to trigger this trigger this catalyst. catalyst. Decreased muscle Decreased muscle mass is directly mass is directly linked to linked to slower slower slower resting metabolism resting metabolism, decreased, decreased strength, and a significantly higher strength, and a significantly higher risk of risk of future falls. If future falls. If you don't have strong you don't have strong muscles to muscles to support your skeleton, support your skeleton, how can you keep your how can you keep your balance and balance and avoid avoid avoid falls? Strength falls? Strength training is one training is one of the few of the few methods that has methods that has strong evidence strong evidence to slow to slow bone density loss, which is bone density loss, which is especially true especially true if you are between 30 and 40 if you are between 30 and 40 years old. This acceleration years old. This acceleration simply begins simply begins during during during perimenopause and perimenopause and continues even during continues even during menopause. Finally, it menopause.

How Muscle Helps Your Metabolism & Weight Loss

Finally, it is worth noting the is worth noting the metabolic metabolic metabolic component. Muscle component. Muscle tissue has a higher tissue has a higher resting metabolic rate resting metabolic rate than fat tissue.

than fat tissue. So preserving So preserving muscle actually muscle actually helps you lose weight. helps you lose weight. I know, it's strange. But it does I know, it's strange. But it does slow down slow down metabolic changes, metabolic changes, so you have a better so you have a better basal basal basal metabolic rate and metabolic rate

and burn more burn more calories at rest. And you calories at rest. And you definitely burn definitely burn more calories while more calories while moving. Given moving. Given this evidence, this is not this evidence, this is not a competition, and it is this a competition, and it is this perception that sometimes perception that sometimes creates confusion. These creates confusion. These two different types of exercise two different types of exercise protect against protect against completely different completely different things.

things.

Why You Shouldnu2019t Choose Between Cardio & Strength

Cardio training is Cardio training is your primary your primary tool for tool for heart health, heart health, cognitive function, cognitive function, brain function, and brain function, and reducing risks for reducing risks for longevity. Strength longevity. Strength training is a training is a key tool for key tool for preserving muscle, preserving muscle, improving improving improving bone density, and bone density, and functional functional functional independence. What do you independence. What do you want to be doing when you're want to be doing when you're 80? Do you want 80? Do you want to get up from the couch to get up from the couch or the floor on your own? If or the floor on your own? If you you you rely solely on rely solely on cardio after 40, you will likely cardio after 40, you will likely experience experience experience permanent loss of permanent loss of muscle and muscle and bone mass.

bone mass. Even if your Even if your cardiovascular cardiovascular cardiovascular performance performance performance improves, I see improves, I see this in women every day.

this in women every day. They have osteopenia, and They have osteopenia, and they say, “I’ve been they say, “I’ve been running running running marathons my whole life. What is marathons my whole life. What is happening? If happening? If you rely solely you rely solely on strength training, on strength training, you are missing out on you are missing out on huge benefits huge benefits for your heart, brain, and for your heart, brain, and metabolism. Strength metabolism.

The Ideal Weekly Exercise Routine

Strength training doesn't always training doesn't always completely replace completely replace what cardio provides. what cardio provides. So, evidence increasingly So, evidence increasingly supports that the supports that the best approach is a best approach is a combination of both types, combination of both types, rather than choosing rather than choosing one. So what do we one. So what do we do now? How do I do now? How do I structure my structure my weekly weekly weekly training schedule? So, training schedule? So, strength training: strength training: it is useful to do it is useful to do two to three two to three classes a week, classes a week, focusing on focusing on basic exercises.

basic exercises. Squats, Squats, Squats, deadlifts, presses, pull-ups. deadlifts, presses, pull-ups. They all engage multiple They all engage multiple muscle groups and muscle groups and maintain maintain maintain functional strength functional strength for daily activities.

for daily activities. This doesn't take much This doesn't take much time. You can time. You can fit it in 30-40 fit it in 30-40 minutes. If you don't have minutes. If you don't have much time in the gym, much time in the gym, you can combine it with you can combine it with cardio training.

cardio training. But consistency But consistency brings significant brings significant results. You results. You should also consider should also consider progressive progressive progressive loading in terms of loading in terms of weight.

weight. weight. I talk about this in another I talk about this in another video. Cardio exercises video.

How to Structure Resistance Training

Cardio exercises should be performed should be performed two to four two to four times a week. times a week. You can aim You can aim for the standard 150 for the standard 150 minutes of moderate minutes of moderate activity. It activity. It depends on the type of depends on the type of exercise. I like to exercise. I like to combine different combine different levels of intensity.

levels of intensity. That is, less That is, less intense activities intense activities like swimming, like swimming, walking, cycling, with walking, cycling, with interval interval interval training or training or sprints, which better sprints, which better balances the benefits balances the benefits for the heart while for the heart while minimizing unnecessary minimizing unnecessary stress on the stress on the joints, right? This joints, right?

Cardio Intensity, Recovery & Sprint Intervals

This becomes really becomes really relevant after 40 relevant after 40 years, when years, when recovery is not recovery is not as fast and as fast and joints are not the same anymore.

joints are not the same anymore. That's why I love That's why I love sprint sprint sprint interval interval interval training: 60 seconds training: 60 seconds on the treadmill, 60 on the treadmill, 60 seconds rest, and so on for seconds rest, and so on for 10 sets.

10 sets. Remember, Remember, Remember, recovery becomes recovery becomes more important as you age; In young more important as you age; In young years, the body easily years, the body easily tolerates almost tolerates almost daily daily daily high-intensity high-intensity high-intensity exercise. After 40, it is exercise. After 40, it is important to have important to have enough time to enough time to rest and take care rest and take care of exercises that of exercises that prevent injuries.

If you're just If you're just starting out starting out or returning or returning after a break, two after a break, two strength training sessions and two strength training sessions and two cardio sessions per cardio sessions per week are week are ideal, and you can ideal, and you can even combine them.

Starting a Sustainable Exercise Routine

Leg day plus 30 Leg day plus 30 minutes of cardio, minutes of cardio, upper body day plus 30 upper body day plus 30 minutes of cardio, and minutes of cardio, and gradually build up gradually build up to a more steady pace.

If you've heard that after If you've heard that after 40, cardio or 40, cardio or strength training is not needed, strength training is not needed, then this statement does not then this statement does not correspond to scientific correspond to scientific data. Your data. Your heart health and cognitive heart health and cognitive function depend on function depend on one, and your muscle one, and your muscle and bone health on another.

The Bottom Line: Do Both, Not One

Studies Studies confirm confirm confirm the need for both the need for both types, there is no need to types, there is no need to choose or prefer one over the other. Therefore, other. Therefore, combining both types of combining both types of loads will be loads will be extremely extremely extremely important for you. If you important for you. If you are interested in nutrition, are interested in nutrition, for example, what you for example, what you should not eat after 40, should not eat after 40, watch this video.

watch this video. There I talk about There I talk about foods to foods to avoid during avoid during perimenopause. perimenopause. perimenopause.