

WHY RESISTANCE EXERCISE FOR HEART DISEASE



Besides doing more Vigorous Cardio you should also do some muscle building exercises.

Weight and Strength Training (aka resistance training) makes you look more fit, but more importantly it builds muscle, maintains bone mass and prevent falls and injury. Exciting recent research found resistance training reduces your risk of diabetes, stroke and heart disease. Multiple studies have found an inverse relationship between strength training and heart disease. Resistance training subjects had a 30 percent lower chance of being diagnosed with Type 2 diabetes than those who did not. Women who performed any amount of resistance training reduced their risk of cardiovascular disease (including heart attack, stroke, coronary artery bypass graft surgery, an angioplasty or death from cardiovascular disease) by 17 percent. Another study found a 32 percent reduction in pericardial adipose tissue from resistance training (this type of fat is right in the heart sac is most likely to increase your risk of heart disease and stroke), while the aerobic exercise group saw no change in that tissue ([see more here](#)). The exact cardiovascular mechanism by which weight training helps prevent diabetes is not known, but it could be from the increased muscle mass helping you process blood sugar, decreasing your risk of Type 2 diabetes and the issues that come from it, including heart attack and stroke. It could come from a decrease in belly fat. A University of Alabama study found women who did weights lost more belly fat than those who just did cardio. Remember, belly fat is one of the biggest risk factors for metabolic syndrome. There are many ways to train. I often suggest the simple and foundation programs highlighted on our [muscular page](#). A basic program should work all the major body parts through several exercises where the muscle is trained to momentary failure (usually 10-15 reps).