

Role Reversal in the Gym

Any gym you go to in the country, you will tend to more often than not see guys lifting weights and ladies either taking group exercise classes or using the cardiovascular equipment. Thought behind that is: women want to stay thin and guys want to get big. This is great when we are teenagers or young adults. How about being healthy adults? Statistics show that men have a predominance of heart disease due to where they store their extra body fat. Men tend to hold the extra weight around their mid-section which, in turn, increases chances of heart disease. How to combat this? Men need to increase their cardiovascular endurance. This means men need to put the weights down occasionally and climb up on a stationary bike. Truth is, most men focus all of their attention on their weight routines and nothing on their heart. The heart is the most important muscle in the body and needs just as much work.

On the flip side, women tend to focus most effort on cardiovascular exercise with the thought of burning fat. While it's important for women to continue cardiovascular exercise (women can have heart disease as well), osteoporosis is a huge concern as women age. Without weight-bearing activity, bones begin to get brittle. Not only does consistent weight training reduce the chance of osteoporosis, it also increases muscle mass which burns more calories than just cardiovascular exercise alone.

The best fitness routine encompasses both weight training and cardiovascular exercise. If you have questions as to what program would be best for you, contact your local gym and speak to a personal trainer.