Cardio & Strength

Reminders about exercise variety are helpful to ensure routines do not become boring or ineffective. Use the text ideas below to nudge members through social media, newsletters, and emails about promotions or challenges. Encourage members to find a better balance of cardio and strength training so they can achieve the outcomes that keep them satisfied and engaged.

Movement Variety Can Combat Workout Boredom:

Variety is the Spice of Fitness Life! Mix it up for well-rounded strength and fitness.

Injury Prevention 101: Diversify your routine, protect your body!

Never Be Bored Again: Shake up your workout, unleash your potential!

Fitness Plateaus? Say No More! Switch it up for lasting progress.

Unlock Your Full Potential: Be willing to move in new ways! Diversify your workout.

From Bored to Bold: Embrace variety to unlock results

The Gym Is Your Playground: Explore new movements, stay motivated!

Don’t Skip the Warm-up

- **Warm-up Wisdom: A Gradual Start Supports a Healthier Heart**
  The warm-up gives your body a chance to increase your heart rate and blood flow, helping your muscles prepare for action. And this part of your workout may be more important with every passing decade. Prepare your body with several minutes of cardio before your workout; your body will thank you!

Did You Know? Age-related hormones are sensitive to exercise!

- When men start exercising, their **testosterone** often increases. The best hormone outcomes occur with a balanced approach to exercise, incorporating both cardio and strength training. Feel your best with workouts that build muscle, improve fitness, and support your natural testosterone.

- Men and women release **Growth Hormone (GH)** when they exercise. Helping us burn fat and build muscle, this helpful hormone is plentiful in our youth, but we release less GH as we age. The good news is that challenging forms of cardio or strength training can reinstate GH release, helping us regain youthful levels of GH.

The Myth: Cardio Kills Strength Gains

Many people believe that doing cardio, like running or cycling, can make you lose hard-earned muscle and strength. The fear is that the energy you burn during cardio could be used to build and maintain muscle, negatively impacting your strength gains.

The Truth: Cardio and Strength Training Support a Healthier Body

Striking a balance between strength training and cardiovascular exercise is key to achieving a well-rounded, healthy, and fit body. Cardio can cause body-wide changes that benefit strength training. With the right approach, cardio can complement your lifting efforts and lead to better results in the long run. Use cardio to warm-up, as a separate workout experience, or as the first part of your workout. Cardio offers measurable advantages to anabolic hormones including testosterone and growth hormone, supporting those who are aiming for a stronger, fitter body.

The Most Effective Way to Manage Weight is a Cardio and Strength Training

The best way to manage weight and improve overall fitness is by combining cardio and strength training. One of the advantages of cardio is that it uses much more energy (calories) per minute and boosts heart health. Strength training is ground zero for building muscle, supporting your metabolism, and helping you gain the strength you need to avoid injury. Together, this balanced approach is proven to improve body composition and provides a wide range of health benefits, including better mental health, too.

Trying New Challenges in the Gym:

When it comes to different forms of cardio, each option offers distinct benefits. For instance, the treadmill primarily focuses on leg strength and endurance, while the elliptical or ascent trainer can engage both upper and lower body muscles, helping you glide your way to better fitness. Another great option for lower impact is the indoor cycle, which is ideal for lower body strength. By using a variety of these cardio options, you can personalize your workout. This helps you avoid overuse injuries and develops a more well-rounded physique. Talk to our supportive trainers today to find out more about finding the right combination that targets the improvements you seek.