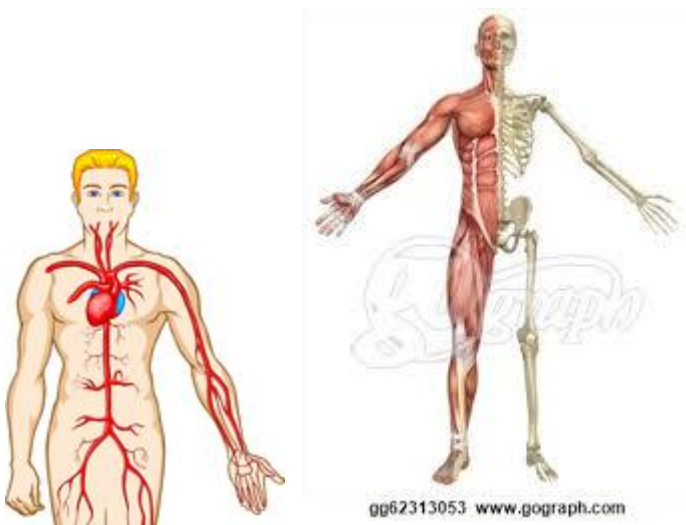


BENEFITS OF AEROBIC TRAINING:

- Increase Stroke Volume: with a stronger pump, more blood is delivered each beat.
- Slower Resting Heart Rate: because of the increased stroke volume and increased activity of the vagus nerve the heart doesn't have to work as hard during rest, preserving the heart muscle.
- Maximum Heart Rate is not affected: this is dependent on your age.
- Decreased Blood Pressure: always good!
- Increased Cardiac Output: more oxygen carrying blood can be delivered to the muscles.
- Stronger respiratory muscles for improved breathing
- Increased number of alveoli in the lungs for improved breathing
- Increased blood volume and increased number of red blood cells which carry oxygen throughout the body
- Increased number of blood vessels in muscles, so more oxygen can be delivered.
- Muscle fiber hypertrophy (muscles get bigger)
- Increased number of muscle enzymes that can utilize oxygen and burn fat



BENEFITS OF STRENGTH TRAINING:

- Increased muscular strength
- Increased muscular endurance
- Strengthen joints and tendons
- Increase bone density and strength
- Increase lean body mass/ increase metabolic rate
- Increase flexibility
- Produce muscular balance
- Muscle fiber hypertrophy/ increase capillarization in muscles for better oxygen delivery

