



LIFESOURCE INSTITUTE NEWS

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Cardio -vs.- Weights which is best?

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STAY ON TRACK

- * **What do you tackle first will depend on your ultimate goals. If the goal is a 5K, you will start with cardio, but if you are focused on the strength department, do the weights first.**
- * **Keep the body guessing this will get you on track for the biggest gains. Keep changing up things this will make you stronger, also will help with preventing injuries. So not to get bored try heavier weights, different exercises, and most of all change up the number of repetitions.**
- * **If you do exercise like push-ups, leg-curl machine, run, swim, you're helping your brain. Cardio and strength training done regularly both can help with thinking clearly and with memory improvement.**
- * **Last rushing through your reps can lead you down the road to injuries. Focus more on good form. Try hard not to sling or jerk weights with too much force especially if this type of work is new to your exercise routine, it is ok to get help from a coach or a trainer, they can help you with small things like remembering to breathe in as you lift the weights, and breathe out while lowering them.**
- * **Remember during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between mind, body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.**
- * **Disclaimer: As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.**

Types of exercise such as cardiovascular, also known as aerobic or cardio exercise, the main reason we do cardio is to raise the heart rate and sweat while doing it, which is proven to be great for the old ticker when done regularly. If you walk fast, swim, cycle, jog, or run, it will all work towards making your heart muscle stronger. The heart's life-long goal is to deliver adequate oxygen that the body needs to keep thriving at optimal levels. The above exercises can help you maintain healthy cholesterol, stabilize blood pressure, and also helps fight off some cancers.

One hundred fifty minutes of exercise of any kind per week that will force you to breathe harder than regular pumping up the old heart

rate for not less than 30 minutes daily, at least five days a week, or break it up in 10-minute increments if you have a hard time doing the full 30 minutes, if that is still too hard for you to do, do what you can because something is better than nothing at all.

Weight lifting, even for one hour weekly, helps reduce the risk of heart attacks. Also, the more muscles you develop over time will allow you the luxury of burning more calories. If, by chance, you lift weights regularly, you will look slimmer, and trimmer and the most significant benefit is all the fat you lose. Another notable thing to remember about your strength training is low-

ering the risk of osteoporosis which will weaken your bones, helps to restore good balance as we age by climbing stairs, getting up out of a chair, and the fact that weak bones are more likely to fracture or break if we fall. All in all, if you want your body to become a lean and mean calorie-burning machine? Grab the dumbbell or get onto that machine that uses various weights.

Things to remember before taking on your quest for strength, your body must recover before you lift again. So give the tiny tears in your muscles time to heal. Remember when it comes to heart health cardio is the king. Please don't stop the cardio. Strength and cardio are two different processes in your quest for ultimate health.

MUST READ: CARDIO STRENGTH TRAINING BY ROBERT DOS REMEDIOS

ASK THE COACH?

Q: COACH BERNARD: I HAVE A DELIMA. I LOVE BEER, BUT MY KETO DIET RESTRICTS MY CARB INTAKE. CAN YOU HELP? ANGELA .G. AZ

LIFESOURCEINSTITUTE.COM

A; GREAT QUESTION: ANGELA IS NOT ON A KETO DIET BUT A LOW-CARB DIET. LIKE YOU, I LOVE THAT OCCASIONAL BEER OR TWO. IT'S HARD TO CHANGE FROM LIKING THE EUROPEAN BEER TO THE DOMESTIC STUFF. STILL, WITH THE CHANGES IN THE LAST COUPLE OF YEARS WITH DIETS, MORE BEER MAKERS ARE LOOKING TO PRODUCE LOW-CARB ALTERNATIVES, ONE BEING ORGANIC MICHELOB ULTRA AT 2.5 CARBS PER 12OZ BOTTLE OR CAN. SO IT MAKES IT EASY FOR PEOPLE LIKE US TO ENJOY A BEER AND NOT OVERDUE OUR CARB INTAKE. ANOTHER I'VE SEEN BUT DON'T LIKE AS MUCH IS CORONA. THEY HAVE A 2.6 CARB VERSION ALSO, BUT BOTH ARE HARD TO FIND AT THE LOCAL PUBS BUT FOUND EASILY AT YOUR LOCAL MARKETS. OF COURSE, FOR A FEW DOLLARS MORE. GOOD LUCK TO YOU. WISHING YOU LOTS OF SUCCESS IN YOUR KETO JOURNEY. ANGELA, I HOPE THIS HELPS. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL, DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY, AND SPIRIT. IF YOU HAVE MORE QUESTIONS, CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS, AND KEEP SENDING IN THE QUESTIONS.