

What's the Best Type of Exercise To Reach Your Goal?

Two disputants were appearing before a Sufi judge. The first disputant presented his argument.

The judge replied, "You're right, you're right."

The second disputant said, "How can you say he is right? You haven't even heard my side."

"You're right," the Judge said. "Please tell your side."

After listening to the second disputant, the judge said, "You're right, you're right."

The two disputants looked at each, then turned to the judge and said, "We both can't be right."

The judge looked at them and replied, "You're right, you're right."

What is the Best Type of Exercise to Reach Your Goal?

All of you who are wanting to be more fit, or have more energy, or lose weight are all asking yourself,

"What is the most effective and maybe more importantly most efficient way achieving those goals?"

There are numerous articles in the popular press about losing weight and getting back into shape.

Two articles I read recently were about comparing the effectiveness of cardio type of exercise (walking, running, treadmill, elliptical, etc.) versus resistance training (training with weights including exercises that use body weight). The title of the articles were both something like "Weight training or cardio: Which is better for weight loss?"

The first article described how resistance training helped build more lean muscle mass. The more lean muscle mass you have, the more calories you burn. So training with weights was said to be more effective than cardio because your body was burning calories even after your exercise session.

The next article I read described all the benefits of cardio workouts for weight loss. The article explained that cardio, or aerobic workouts burned more calories in a shorter period of time. The article stated you could burn up to 10% more calories during a cardio workout versus weight training for the same amount of time.

Which article was correct? If you desire to be more fit, healthy and vital please do not worry what type of exercise is 10% more effective. Just get moving. If you want to lose weight should you be doing cardio or resistance training? The answer is yes! You should be cardio AND resistance training.

In fact, in addition to cardio and resistance training, you should also include flexibility, and balance training in your workouts. More strength, more flexibility, more balance, and more aerobic capacity are the definition of fitness.

Be ready for a life with more choices. Never have to decline participating in something fun with friends or family because you are too _____ (fill in the blank). Be ready for more. Start now.



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