



## What is the best type of exercise?

# WHICH EXERCISE?

This is a question I get asked a lot as an Exercise Physiologist.

The answer is not straight forward.

This will depend on what your goals are and of course your age, medical history and previous exercise history.

One of the factors I am often educating people on is that different types of exercise will give you different benefits.

Cardiovascular or Aerobic exercise is the type of exercise that gets your heart rate up and often we call it the “Huff and Puff” exercise. This type of exercise helps improve the fitness of your heart and lungs as well as burn body fat as an energy source.

Strength or resistance exercise is another type of exercise where you work specific muscles to improve their strength. This type of exercise is so important to help us maintain function and balance as well as keeping our bones strong. Strength exercise is the game changer as we get older. If you are not doing this type of exercise as part of your overall program I highly recommend you get some support and advice to help you get started. It doesn't have to be in a gym lifting heavy weights. There are some simple body weight exercises you can do or using a resistant band at home to maintain your strength as we get older.

Flexibility or stretching exercises help us maintain our range of movement in our joints and tendons. This is so important to allow our bodies to move freely.

Any exercise or movement is better than nothing. But for a tailored plan focused on meeting your goals and needs, speak to one of Accredited Exercise Physiologists.

Vicky Graham

Accredited Exercise Physiologist

'Our Vision is to empower people to make sustainable health and lifestyle changes in a supportive and caring environment'

[www.truenorthwellness.com.au](http://www.truenorthwellness.com.au)



Vicky Graham  
Accredited Exercise Physiologist