

The Coming of Age of Resistance Exercise as a Primary Form of Exercise for Health



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Background:

- Resistance exercise is often referred to as the 'other' part of many countries' physical activity (PA) guidelines
- There is lower participation in resistance exercise-related activities compared to aerobic exercise

PURPOSE: This review presents evidence that resistance exercise needs to be a more strongly emphasized part of PA guidelines and possibly a requisite activity for optimal health as we age.

Summary of unique and overlapping health benefits of **resistance exercise** compared to **aerobic exercise**

CELLULAR/PHYSIOLOGICAL ADAPTATIONS



Cardiorespiratory



Vascular



Oxidative Capacity



Hypertrophy



Strength

$P = W/t$

Power

HEALTH BENEFITS



Cardiovascular Disease



Type 2 Diabetes



Cancer



Frailty



Mortality

Practical Take-Homes:

Resistance exercise offers both similar and unique health and fitness benefits—but **participating in both is best**



“Minimal-dose” programs can be a good way to start resistance training.

E.g., single-set programs, setting a goal to go to the gym once per week, or using lighter or heavy loads depending on preference and experience. Just make sure it feels like you're working hard at the end of the set!



Needing help sticking to resistance exercise? Keep track of the days you meet your goals, schedule your resistance exercise. Know that there are health benefits to resistance exercise, and find a way to build muscle that you enjoy the process (e.g., Hiking, sports, use of body weights, free weights, bands, machines)

