



Top ten reasons why being a cardio junkie is so yesterday:

- 1) **Too much cardio makes us store fat:** Continuous cardio (AKA aerobic exercise) increases body fat in stressed out people by creating even more stress on the body. More stress hormone, cortisol = more fat storage.
- 2) **Cardio doesn't permanently boost your metabolism:** Strength training adds lean body mass which means you burn more fat even when you're asleep.
- 3) **You burn more calories post strength training vs. post cardio:** After a strength training session you will continue to burn calories for several hours post-workout (way more than you do post cardio workout).
- 4) **Cardio contributes to adrenal fatigue when we're already stressed out:** Cardio training increases adrenal stress which makes us store more fat and gets us into overtraining mode quickly. Adrenal fatigue is associated with feeling tired but not being able to sleep or insomnia, getting sick more often or not staying sick for longer, having a worse memory, poor concentration, feeling anxious or depressed, and not being able to lose weight even though you're exercising a lot. (check out "Adrenal Fatigue – The 21<sup>st</sup> Century Stress Syndrome" by James Wilson)
- 5) **Strength training, not cardio, helps our bodies process sugars better:** We are less likely to store sugars (i.e. carbs) as fat when we have more muscle fibres. The more lean body mass we have the more insulin receptors we have.

Muscles suck up sugars and store it as glycogen instead of our fat cells having a feast and getting fatter.

- 6) **Too much cardio makes us age faster = more wrinkles and worn out joints.** Check out marathoners or tri-athletes. Their skin looks older. Their bodies are also older. Aging is really a function of oxidization. When we tip the scales into too much training we release more free radicals. Antioxidants gobble up and neutralize free radicals. When we produce more free radicals than we can neutralize we create oxidative stress (AKA aging).
- 7) **Cardio alone isn't an effective way to hang onto muscle as we age:** If we don't strength train, we will lose 5-10 pounds of lean body mass for every ten years of our adulthood. The getting fat as we age thing is in large part due to muscle cell death.
- 8) **Strength training may switch on a gene that helps us burn fat:** Type II muscle fibres are created as we strength train and are being directly linked to our ability to process and not store fats.
- 9) **Doing cardio doesn't fix posture:** Good posture affects how the world perceives us. Engaging in a strength training program that is focused on alignment and structural balance helps us stand up straighter and look thinner and more confident.
- 10) **Too much cardio will stop us from hanging onto muscle:** Constant aerobic training decreases testosterone production and increases insulin production. When this ratio gets out of whack it's harder for us to produce and hang onto lean body mass.