

# Resistance Exercise for Health

Research shows resistance exercise (RE) may be as effective as aerobic exercise (AE) for improving many facets of health. However, while roughly 50% of people meet AE guidelines, less than one-third meet RE requirements.



Learn more in the ACSM 2023 Paper of the Year “The Coming Age of Resistance Exercise as a Primary Form of Exercise for Health,” published in ACSM’s *Health & Fitness Journal*®.



## RE improves:

- Mental health
- Cardiorespiratory health
- Vascular health
- Muscle oxidative capacity
- Strength and power

RE also lowers the risk of mortality independent of aerobic exercise, improves the prognosis of type 2 diabetes, reduces age-related muscle loss and increases the amount of physical activity older adults perform outside of their exercise routine. Starting with single-set exercises or lifting once per week (i.e., minimal dose programming) helps.

## Take-homes:

- Bodyweight exercises can be effective
- Minimal-dose programming is a good way to start
- Keeping track of your progress is beneficial

