

Resistance training is for everyone

Adults of all ages



Females and males



Adults with chronic conditions



Pregnant and postpartum



Resistance training can be performed in many ways

Body weight exercises



Resistance bands



Machines



Free weights



Resistance training 2 x's per week is beneficial

Sessions can be as brief as 15-20 minutes



Focus on 8 to 10 different exercises involving major muscle groups



Impact on CVD Risk Factors

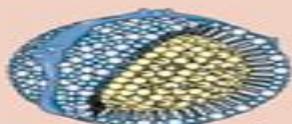
Traditional Risk Factors:



Blood Pressure



Glucose



Lipids



Body Composition

Non-traditional Risk Factors:



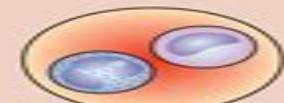
Arterial stiffness
Endothelial function



Cardiorespiratory
fitness



Sleep



Chronic
inflammation



Depression &
anxiety

Decreased CVD Risk



Exercise And Disease

S Marginson



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