



spotlight

Balancing strength training and cardio

Exercise helps you stay healthy, feel happy and have plenty of energy. Two main types of exercise are strength training and cardio. They each help in different ways but when you combine them, you improve your overall health and reduce your risk of injury.

Strength training, also known as resistance training, builds your muscles and helps protect your bones and joints. This helps you lift, carry and move things more easily. Strength exercises can be as simple as doing push-ups, lifting small weights or even climbing stairs.

Cardio exercises are anything that makes your heart beat faster. When you run, swim, bike or even play tag, you're doing cardio. It helps your heart and lungs get stronger, gives you more energy and can make you feel less tired in the day. It also helps your brain feel good by releasing happy chemicals called endorphins.

Why do we need both strength training and cardio?

Strength training and cardio complement each other. Combining these exercises has the following benefits:

- Full-body fitness: strength training makes your muscles and bones stronger, while cardio benefits your heart and lungs. Together, they make your whole body healthier.
- Burns fat and builds muscle: cardio helps burn calories and lose fat. Strength training adds muscle, which boosts your metabolism so you keep burning energy even after your workout.
- Long-term health: doing both as you age can reduce your risk of many diseases and chronic conditions like diabetes and heart disease.

Why is balancing strength training and cardio important?

Exercise is about more than just getting strong or fast. It's about enjoying movement, feeling happy and staying healthy as we age. It helps keep you active, lift heavy things and stay energized to enjoy time with friends and family. Balance strength training and cardio to help you feel great and ready to take on anything.

Get well. Stay well. Live well. Eat well.



Complimentary Webinar

Healthy Workplace Month Let's Talk Psychological Safety

October 8th, 2025 | 12pm – 1pm EST

October is Healthy Workplace Month—let's talk about what really makes a workplace healthy. **Join us for a powerful webinar** on psychological health and safety, where we'll explore how feeling safe, supported, and respected at work boosts well-being, performance, and team culture. Everyone deserves a workplace that cares.

[Register Today!](#)



Recipe of the month



Macaroni and cheese with vegetables

This creamy mac and cheese makeover contains bite-sized vegetables. Serve with salad or vegetable sticks on the side.



GET WELL. STAY WELL. LIVE WELL.

did you know?

There are different ways to fit strength training and cardio into your week. Such as alternating days or combining both kinds of exercise into one workout.

You can alternate days by doing cardio one day and strength the next. For example:

- Monday, Wednesday and Friday: do cardio. Go for a jog, bike or take a fitness class focused on cardio, like Zumba.
- Tuesday, Thursday and Saturday: try strength exercises like push-ups, squats or lifting weights.
- Sunday: take a rest day or do something light, like yoga or stretching.

Or you can combine both strength training and cardio in one workout. For example:

- run in place for a minute for cardio
- then do lunges for strength
- do jumping jacks for a minute for cardio
- follow with push-ups for strength

You can repeat this for 10–30 minutes. Remember to speak with your health care provider before trying new forms of exercise.