

## **A balanced approach to cardio: debunking myths and embracing its benefits**

Greetings, everyone! I trust this message finds you well. Today, I would like to address a topic that seems to be misunderstood at the moment and frequently receives unwarranted criticism - cardiovascular exercise. There is a prevalent discourse on social media platforms, suggesting that cardio is detrimental to women's health, leading many to hesitate in incorporating it into their fitness routines. However, I firmly believe that avoiding cardio altogether can be counterproductive and does a disservice to our overall well-being. I'm a bit fed up with women in particular being subject to poor information, so I'm hoping to be one of the people to empower you with knowledge to better your fitness and lifestyle.

### **The misconception surrounding cardio**

A common myth is that cardio is counterproductive to weight loss and muscle preservation, particularly for women. Some fear that engaging in cardiovascular exercise leads to elevated cortisol levels, causing undue stress and promoting fat retention. While it is true that excessive or high-intensity cardio can have negative effects, such as potential muscle loss or heightened stress responses, these outcomes are typically the result of overtraining, which is not common with the majority of the population. *When approached mindfully and in moderation, cardio can be an invaluable component of a balanced fitness routine.*

### **The numerous benefits of cardio for women**

Cardiovascular exercise offers an array of benefits, particularly for women. It is an effective means of enhancing cardiovascular health, improving both heart and lung function. Regular aerobic activity has been shown to increase endurance, making daily tasks more manageable and reducing the likelihood of fatigue.

Beyond the physical advantages, cardio significantly contributes to mental health. The release of endorphins during aerobic exercise is associated with mood elevation and a reduction in stress and anxiety. This mood boost can have profound effects on emotional well-being, fostering a more positive outlook throughout the day.

*Moreover, regular cardiovascular activity plays a pivotal role in promoting longevity.* Research consistently demonstrates that an active lifestyle can mitigate the risk of chronic diseases, such as cardiovascular disease, type 2 diabetes, and certain forms of cancer, thereby enhancing overall quality of life as we age.

## **Why shying away from cardio can be detrimental**

By avoiding cardio, many women forgo the numerous benefits it offers. The key is to find a harmonious balance between aerobic and resistance training that aligns with your unique body and lifestyle. Incorporating moderate-intensity cardio such as brisk walking, cycling, or dancing into your weekly routine can complement strength training and optimise overall fitness. Cardiovascular exercise can be a powerful tool for weight management when balanced with strength training.

Additionally, embracing cardio provides opportunities to connect with a supportive fitness community, whether through group exercise classes, social runs, or online fitness groups. This sense of camaraderie can serve as a powerful motivator, enhancing commitment to your fitness routine.

## **Striking the right balance**

*The goal is not to engage in hours of cardio each week, but rather to find a balanced approach that works for you.* A well-rounded fitness regimen should include a mix of strength training and cardiovascular exercise. This combination will help to enhance muscular strength, cardiovascular fitness, and overall well-being. It is important to listen to your body, adjusting your routine as necessary based on how you feel, rather than following an all-or-nothing approach.

## **In conclusion**

Cardiovascular exercise does not deserve the negative reputation it often receives. When incorporated thoughtfully and in moderation, cardio can significantly enhance both physical and mental health, contributing to a more balanced, fulfilling lifestyle. It can be a powerful ally in our pursuit of wellness, supporting everything from mood regulation to longevity.

At Mamawell, we recognise the importance of incorporating beneficial cardio into all of our workouts. Whether offering lower-impact options during pregnancy and postpartum, or introducing higher-intensity bursts in Club Mamawell to increase fitness levels, we aim to meet you where you are - whether cardio is your favourite or your nemesis. Now might be the time to start your **FREE TRIAL**

I look forward to seeing you on the mat!

Warm regards,  
Rosie

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Article recommendation:

If you're interested in reading more about the science behind cardio and its benefits, I highly recommend this article: "*Cardiovascular Effects and Benefits of Exercise*" - It provides an in-depth analysis of how regular cardiovascular activity impacts both physical and mental health, and addresses common myths surrounding exercise. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6172294/>

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