



Kansas City

# Cardio VS. Weight Training

Both cardio and weight training are vigorous workouts that require you to be careful and responsible. Exercise with caution and listen to your body.

## Benefits of Weight Training

Rehabilitation of Injuries

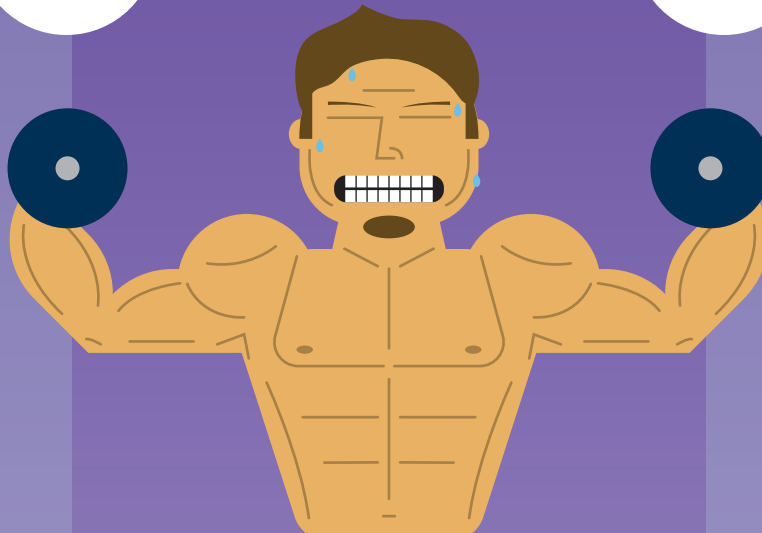
Fast Results

Tones Muscles

Increases Muscular Endurance

Increases Strength

Improves Muscle Memory



Improved Mental Health

Weight loss

Increased Lifespan

Disease Reduction

Improved Immune System

Increased Stamina



## Benefits of Cardio Exercise