

Aerobic vs anaerobic exercise essay



**ASSIGN
BUSTER**

Aerobic VS Anaerobic Exercise Jane Doe Grantham University ABSTRACT

Being in the military has caused me to become a better athlete than I have been before. Running is one of our main focuses and in my personal life I have strived to become better at it since I know that I despise running but need to improve on it. One of the things that I have learned is that in order for a high performance runner to reach a level that is desired to help max out their run time for military standards, the individual needs to have a focused training, training with an objective.

The obesity rate in America has continually spiked over the years as well. More than 30% of Americans do not do any kind of physical exercise. By implementing some kind of aerobic exercise into their daily lives it would increase their life span. Training has many different levels that are needed in order to achieve different results. I will discuss the differences between aerobic and anaerobic training which can help an individual become a better athlete and also how aerobic exercise of any kind is more beneficial than anaerobic exercise.

Both kinds of training are done to achieve different goals but if you want to develop strength then you need to do an anaerobic training. Your velocity increases and you become stronger because the anaerobic training increases your force and muscular mass. The anaerobic training warm-up is longer because muscles receive a much more aggressive treatment than in an aerobic training. Sprints are considered to be part of an anaerobic training because there is a gap between runs, allowing you to recover, and then to run the next repetition just as fast. According to Dr.

Kennedy, author of *The Doctors Medical Library*, each muscle in the body must be conditioned at least twice a week. Each muscle group should be worked to exhaustion until you cannot do any more. This is done by doing weight lifting of some sort to exhaust the muscles and rotate them. This is considered to be anaerobic exercise because you are using stored energy rather than straight oxygen. Many positive things occur within the body due to this exercise such as creating more insulin in the receptor sites and changes insulin hormone balances. It also allows the muscle tissue to be clearer so that the heart can pump blood with minimum effort.

This in total causes your blood pressure to lower, even if your blood pressure is only in the high normal range. Aerobic exercise, which is also known as cardio, causes your heart, lungs, and muscles to work overtime using up your oxygen. An aerobic exercise is one that is done over a long duration, meaning we must sustain this exercise for 20 minutes or more, of low to moderate difficulty by using the large muscle groups of the body such as the legs, back, arms and etc. Aerobic training builds up your lung capacity, and your heart is forced to pump more blood to your body, resulting in heart strength.

Longer runs (300-500m) with a more comfortable rhythm belong to the aerobic training with very short recovery times between repetitions.

According to the Trust for America's Health the obesity rate has increased in 28 states within the past year. More than two-thirds of the states have an obesity rate above 25 percent where as in 1991 no one was above 20 percent. Hundred of Americans die due to some disease that is caused by inactivity and poor cardiovascular health. However if each individual would

just do some sort of aerobic exercise it would improve their bones, ligaments, and tendons.

It also allows your body to use up the fats and sugars that you consume more efficiently. Aerobic exercise benefits an individual in so many other ways such as reducing heart and vascular disease and diabetes. If someone is trying to quit smoking the more aerobics they do the less their cravings are to occur plus their lung function is greatly improved. For people that may feel stressed or are combating depression according to the U. S. Department of Health and Human Services research aerobics helps lower these by raising the self-esteem and physical awareness.

I perform both types of training several times a week; therefore, I can describe what my body feels like after each training session. When I finish an anaerobic training, I feel my legs are heavier and numb after all the effort that I have put in on the exercises along with the body aches which are a result of the lactic acid produced by my muscles; however I can breathe perfectly well after 5 minutes. After an aerobic training, I feel my muscles are looser and weaker along with my lungs feeling stretched and my recovery can last up to an hour depending on the distance that I have run.

An individual that wishes to improve their run should do both aerobic and anaerobic training to balance out their workout; we shouldn't choose only one because they are equally important to grow as a competitive runner and to reach that goal of maxing out the military standards for their age bracket. For society as a whole in the U. S. , I strongly think that aerobic exercise of

any sort, even if it is just going for a walk or a slight jog, will help increase their lifespan and lower the obesity rate in the U.

S. and is more beneficial for everyone and has greater health results.

References Medicine Net. (June 11, 2011). Aerobic Exercise. Retrieved from http://www.medicinenet.com/aerobic_exercise/article.htm Ron Kennedy, M. D. , Santa Rosa, CA. (2011). The Doctors Medical Library. Retrieved from <http://www.medical-library.net/content/view/267/41/> Kathleen Ekdahl. (MARCH 5, 2006). Understanding the Benefits. Retrieved from <http://www.newellness.com/physfitn/benaero.htm>