

# Running or strength training – which is better for heart health?

• Cardio-phobes, rejoice! A new study by the University of Pristina in Kosovo has rated endurance and resistance training as equally beneficial for reducing your chances of developing risk factors for heart disease, such as high blood pressure and high cholesterol. Participants were divided into three groups: one did endurance training on a treadmill, another did strength-based circuits and the third did nothing. The groups



who exercised had lost weight and body fat at the end of eight weeks, but the results were remarkably similar, leading study authors to conclude that both workouts could be equally heart-healthy. But Dr Amanda Varnava, head of cardiology at Imperial College NHS Trust,

urges caution. 'While this study provides some early evidence that strength training may be able to compete with endurance if you have a specific target – such as reducing your blood pressure – the majority of the data points to endurance training being essential for cardiovascular health,' she says. Her take? Combine the aerobic benefits of running (shoot for 150 minutes per week) with strength training to sustain your body's musculature as you age. A morning 5k with press-ups it is.