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Journal of Osteoporosis and Physical Activity

Perspective

Power of Aerobics and Resistance Training to Prevent Visceral Fat

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DESCRIPTION

Visceral fat is a type of body fat that accumulates deep within the abdominal cavity, surrounding vital organs such as the liver, pancreas, and intestines. Unlike subcutaneous fat, which sits just beneath the skin, visceral fat is more dangerous due to its strong association with numerous health risks, including heart disease, type 2 diabetes, and certain cancers. Preventing visceral fat gain is important to maintaining long-term health, and two of the most effective methods to combat it are aerobic exercise and resistance training. Combining these two types of exercise not only helps to burn calories but also promotes muscle building and overall metabolic health, making it a comprehensive approach to preventing visceral fat accumulation. Visceral fat plays a significant role in how your body functions. While some amount of visceral fat is necessary to cushion and protect organs, excess levels can lead to serious health complications. It is more metabolically active than subcutaneous fat, meaning it releases inflammatory markers and hormones that contribute to insulin resistance, high blood pressure, and cholesterol imbalances. This makes visceral fat a key player in the development of metabolic syndrome, a cluster of conditions that increase the risk of heart disease, stroke, and diabetes. To prevent the gain of this harmful fat, maintaining an active lifestyle with a balanced diet is essential, but engaging in specific exercises like aerobics and resistance training is particularly effective.

Aerobic exercise and resistance training

Aerobic exercises, often referred to as cardio, are activities that increase the heart rate and breathing for an extended period. These exercises, such as running, cycling, swimming, or even brisk walking, are excellent for burning calories and reducing overall body fat, including visceral fat. The key benefit of aerobic exercise in preventing visceral fat gain lies in its ability to increase energy expenditure and boost fat metabolism. When performed regularly, cardio exercises improve insulin sensitivity, lower blood sugar levels, and enhance the body's ability to use fat as fuel. This reduction in fat, especially around the abdominal area, helps minimize the accumulation of visceral fat. Several studies have shown that moderate-intensity aerobic exercise is particularly effective in reducing visceral fat, even if the overall weight loss is moderate. This means that consistent aerobic workouts can target harmful fat around the organs without needing drastic weight loss across the entire body. Activities like jogging, cycling, or dancing for at least 150 minutes per week have been proven to reduce and prevent visceral fat build up. Resistance training, also known as strength training or weightlifting, involves exercises that focus on building muscle by using resistance. This resistance can come from weights, resistance bands, or even bodyweight exercises like push-ups, squats, and lunges. Resistance training plays an important role in preventing visceral fat gain by increasing lean muscle mass and enhancing the body's resting metabolic rate. Muscle tissue is metabolically active, meaning it burns more calories at rest than fat tissue. By increasing muscle mass through resistance training, you can improve your overall metabolism, leading to more efficient fat burning throughout the day-even when you're not actively exercising. This makes resistance training a powerful tool in maintaining a healthy body composition and preventing the build-up of visceral fat. Additionally, studies show that resistance training can have a direct impact on reducing abdominal fat. While aerobic exercise helps in burning fat, resistance training reshapes the body by building muscle and increasing strength, which in turn supports fat loss, particularly around the abdominal region.

The synergy between aerobics and resistance training

While aerobic exercise and resistance training are each effective on their own, the combination of the two creates a synergistic effect that maximizes fat loss, especially visceral fat. Aerobics burns calories and enhances cardiovascular health, while resistance training boosts muscle mass and metabolism. Together, they form a balanced exercise routine that prevents visceral fat gain more efficiently than either method alone. For the best results, a fitness regimen should include both types of exercise. For instance, you can alternate between days of aerobic activity, like running or cycling, and days of resistance training with weights or bodyweight exercises. This combination provides

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Received: 02-Sep-2024, Manuscript No. JOPA-24-34601; **Editor assigned:** 04-Sep-2024, Pre QC No. JOPA-24-34601 (PQ); **Reviewed:** 18-Sep-2024, QC No. JOPA-24-34601; **Revised:** 25-Sep-2024, Manuscript No. JOPA-24-34601 (R); **Published:** 01-Oct-2024, DOI: 10.35248/2329-9509.24.12.423

Citation: Nijand R (2024). Power of Aerobics and Resistance Training to Prevent Visceral Fat. J Osteopor Phys Act. 12:423.

both immediate fat-burning benefits and long-term muscle-building effects, creating a comprehensive approach to preventing visceral fat accumulation. Both forms of exercise improve insulin sensitivity, which helps regulate blood sugar levels and prevents fat storage around vital organs. Aerobic exercise strengthens the heart and reduces the risk of cardiovascular diseases, while resistance training helps lower blood pressure and cholesterol levels, creating a holistic improvement in cardiovascular health. Exercise releases endorphins, which are natural mood boosters. This can help reduce stress, which is often a trigger for visceral fat accumulation. By combining aerobic and resistance exercises, you are more likely to maintain a healthy weight over time, further reducing the risk of visceral fat gain.

CONCLUSION

The advent of romosozumab marks a significant advancement in the treatment of osteoporosis, offering a superior ability to increase bone density compared to teriparatide. Its dual-action mechanism, coupled with more convenient dosing, makes it an attractive option for patients at high risk of fractures. However, its cardiovascular risks mean that careful patient selection is important. For individuals without cardiovascular risk factors, romosozumab may represent the best available option for maximizing bone strength and minimizing fracture risk.