

Less than one hour of resistance training weekly tied to lower CVD risk

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(HealthDay)—Less than an hour a week of resistance exercise (RE) is

associated with decreased risks for cardiovascular disease (CVD)-related events and all-cause mortality, independent of aerobic exercise, according to a study recently published in *Medicine & Science in Sports & Exercise*.

Yanghui Liu, from East China Normal University in Shanghai, and colleagues assessed RE and its associations with CVD and [mortality](#) among 12,591 participants (mean age, 47 years) who received at least two clinical examinations between 1987 and 2006. A self-reported medical history questionnaire was used to gauge RE.

The researchers found that weekly RE frequencies of one, two, and three times or a total of one to 59 minutes was associated with approximately a 40 to 70 percent decreased risk for total CVD events, independent of [aerobic exercise](#), compared with no RE. For weekly RE of more than four times or ≥ 60 minutes, there was no further significant risk reduction. Similar results were seen for CVD morbidity and all-cause mortality. A mediation analysis showed that RE had a direct U-shape association with CVD risk and that RE may indirectly lower CVD risk by decreasing body mass index.

"People may think they need to spend a lot of time lifting weights, but just two sets of bench presses that take less than five minutes could be effective," a coauthor said in a statement.

One author disclosed financial ties to Coca-Cola.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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