



香港紅十字會  
HONG KONG RED CROSS

# Aerobic Vs. Anaerobic What's the Difference?



There are anaerobic and aerobic exercises. What are their different impacts to our health?

Oxidative metabolism is the main source of energy for aerobic exercises. The exercises usually last for more than 5 minutes and are of moderate to vigorous intensity. They can strengthen heart and lung function, increase endurance and are especially effective in reducing the accumulation of body fat. Everyone may choose aerobic exercises according to your interest, age and ability. The duration (at least 20 minutes is recommended) can be called effective aerobic exercise. Also, if able to speak normally while exercising, can also be called aerobic exercise.

## Benefits of aerobic exercises:

- Can reduce the risk of getting heart diseases, high blood pressure, stroke and diabetes, also effective to prevent some kinds of cancer (e.g. colorectal cancer)
- Can help you lose weight and keep it off
- May help lower and control blood pressure
- Activates immune systems, reduce the risk of getting disease
- Relieve stress
- Making more smooth for the circulation for blood flow
- Promoting mental health

## Aerobic Exercise



## Types of aerobic exercises: Aerobic exercises at home:

- Running
- Swimming
- Cycling
- Boxing
- Dancing
- Tai chi



- Skip rope
- lunge
- Burpees
- High knees running in place
- Jumping jacks



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# Aerobic Vs. Anaerobic

## What's the Difference?



The main difference between anaerobic and aerobic exercise is the intensity of exercise training. "Anaerobic exercise" refers to high-intensity and instantaneous exercise, mostly vigorous exercise performed in a state of muscle hypoxia, unlike aerobic exercise, which consumes more oxygen in your body. When doing anaerobic exercise, you will feel unable to speak, and your breathing will not be smooth. Exercises are short, lasting only 1-2 minutes. Lactic acid and muscle soreness are easily produced.



### Benefits of anaerobic

- Help raising the metabolic rate
- Enhance the strength and density of bones
- Enhance the strength of tendon and ligament
- Prevent osteoporosis
- Effective on fat loss
- Maintain the muscle mass

## Anaerobic Exercise

### Types of anaerobic exercises:

- Yoga
- High-Intensity Interval Training (HIIT)
- Weightlifting
- Pilates
- Sprint
- Squat
- Sit-up
- Lift dumbbell



Anaerobic and Aerobic exercise have their own advantages. To coordinate them well can have the best result.



#### References :

Department of Health  
Leisure and Cultural Services Department  
Healthline

The above information  
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