



For More Information Contact:

Stephanie Weiss
Life Fitness
847-288-5808 or stephanie.weiss@lifefitness.com

Weekly Fit Tip
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LIFT LIKE A GIRL
Women Can't Afford to Ignore Weight Training

For many women, the idea of lifting weights brings images of body building, bikini-clad women with a just-out-of-the-booth tan. You only have to take a quick look around your gym and you'll likely find the guys piling into the weight room while the women rush to the nearest elliptical cross-trainer. But adding a strength training routine to your workout doesn't mean you're destined to be the next Gladiator.

Here are some reasons from Life Fitness to pick up the weights and get started:

- **Gain Strength, Not Bulk:** Unlike men, women have difficulty gaining size from strength training because we don't produce significant amounts of muscle-building testosterone. You will however, develop muscle tone and definition.
- **Change Your Body:** Many of us just want to shed some of those extra pounds but aren't finding success despite hours on the treadmill, stair step machine and in spin class. According to research, increased muscle mass helps the body burn more fat throughout the day. This in turn assists our efforts to lose inches and change the shape of our bodies for the better.
- **Increased Metabolism:** The numbers are impressive: muscle tissue burns 25 percent more calories than fat tissue. So by strength training, we can increase muscle tissue and raise the rate at which calories are burned.
- **Build Strong Bones:** Make strength training part of your fight against Osteoporosis. Research shows it can increase spinal bone mineral density by 13 percent in six months. Combine your workout with a diet rich in calcium and plan on walking tall for years to come.
- **Prevent Arthritis:** Strength training has also been shown to build stronger connective tissues and increase joint stability. This can act as reinforcement for the joints and help prevent injuries and benefit those who suffer with arthritis.
- **Feel Better:** The greatest benefit to weight training is an increased quality of life. With your stronger body, everyday activities become easier and life is more enjoyable.

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on this, any other Fit Tip or photography, contact Stephanie Weiss at stephanie.weiss@lifefitness.com or 847-288-5808.