

Why you should lift weights? This includes women!

Strong is the new skinny.

Do you really want to look skinny? Doesn't fit, strong and lean sound much better? Increase your muscle mass and you will be on your way.

Women do not be afraid of weights. I hear it all the time, "I don't want to get big". It is hard to get big. Please do not think that if you lift weights you'll look like a body builder. If it were easy, all men would be walking around with killer biceps and shoulders.

Women who only do cardio, have a think about it, think about their bodies or your body. Soft right? You may have lost weight, but you are just a smaller version of the fatter you. Look hot, fit and healthy with weights!

Ten reasons to think about weight training.

Increase muscle mass and...

1. Burn more calories at rest. Doesn't this sound good, while you sleep, while you are watching tv, you'll be burning more calories. 1 kilo of muscle can burn an extra 100 calories a day.
2. Increase strength and endurance. Daily activities such as lifting or carrying will be so much easier.
3. Increase bone density. Reduce your risk of osteoporosis.
4. Improve posture. Strengthen your back muscles, no more rolling shoulders. As we age we tend to lose the middle back muscles if we don't use them. Don't neglect back training.
5. Improve coordination and balance. Many injuries come from loss of balance. You only have to think of the elderly. Think prevention.
6. Feel empowered. Doesn't it feel great to be able to lift those heavy weights?
7. Improve flexibility. You'll work in a range of motion you may not have otherwise.
8. Reduce injury. Strengthening muscles, tendons and ligaments will reduce chances of injury when under stress such as the muscles around the knee.
9. Reduce cholesterol levels, blood pressure and glucose metabolism.
10. Look great. Better defined muscles look hot!

Please I urge you all do some strength training. Shape your body and reduce your chances of injuries.

If I could only name one reason why you should weight train, it would be for your back and posture. Our lifestyle means we sit so much, slouched over, in the car, desk, or tv. Our back and shoulder muscles are suffering. If you want to live long, be mobile, stand proud, lift weights and get strong.