

Why Women Need More Weight Training

Although it has gained more popularity in recent years, weight training is still shunned by many women. There are many reasons for this, ranging from finding that section of the gym intimidating, or the perennial fear of “bulking up.”

First, let’s do away with that huge misconception: you will not “bulk up” if you lift weights. This is a fear that many women have, and it’s simply not true! It really comes down to hormones. Women produce more estrogen and less testosterone than men, making it virtually impossible for them to develop the kind of huge muscles you see on guys by the squat rack. Still wondering if you should start strength training? Here are some reasons that it might be one of the best moves for your fitness routine.

Weight Loss

Another reason that many women stick to the treadmill is that they’re trying to lose weight. Cardio is certainly key to weight loss—it’s one of the most effective ways to burn calories—but lifting can help you achieve weight loss goals, too. When you start lifting weights, you boost your metabolism. People with more muscle and less fat have a higher metabolism—which also means that you need to be properly fueling your workouts. If you’re only doing cardio, you might lose weight but you won’t gain any muscle tone. Combining the two will give you a lean, sculpted body that will be both strong and sexy.

Strong Muscles, Strong Heart

Strong muscles do more than make you look good. Strength training has been shown to improve heart and lung function, reducing the risk of developing chronic illnesses like heart disease and type 2 diabetes. And if you already have diabetes, good news: resistance training can help you to maintain more stable blood glucose levels.

Bone Health

As women get older, they produce less estrogen and begin to lose bone density. That means that a simple fall at age 20 could end in a hip fracture at age 70. This could be the most compelling argument for women to weight train—strong muscles support good bone health, and help to prevent fractures. Weight training also helps to improve balance and coordination, making you less likely to fall in the first place. Some research has even shown that resistance training can help to improve bone density. It’s never too soon to begin weight training, and it’s just as important to continue as you get older. You’ll not only look and feel better, but you’ll also vastly improve your health.

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