

## Weight Training For Women: Fact vs Myth

At Peak Performance Fitness Center, one of the things we enjoy doing MOST is debunking fitness myths. One of our favorites is the one that says weight training is for “muscle-heads”, body builders or power lifters, and certainly NOT for women.

### MYTH:

Women run the risk of becoming muscle-bound or “manly-looking” if they work with weights or strength machines. (There are still people who believe this!)

### FACT:

There are, of course, successful female body builders who are able to add and maintain an amazing level of mass and muscularity. But the FACT is that generating those results requires specialized, extremely intense diet and workout regimens that specifically target building muscle mass.

### FACT:

You simply **can not** attain the physique of body builder by incorporating moderate levels of weight training into a sensible workout routine!

### ***But you CAN..***

- ✓ Enhance bone mass and strength, thus reducing the risk of osteoporosis
- ✓ Strengthen connective tissues, leading to increased joint stability
- ✓ Increase lean body mass (***a key component in weight loss***)
- ✓ Decrease body fat
- ✓ Raise your metabolic rate
- ✓ Improve self-esteem and confidence that come from feeling stronger

Many of the women in our health club now consider weight training an essential component of their workout programs, and many have found that weight training has made their workouts more effective, challenging and fun. To learn more about incorporating weight training into your fitness program, visit our web site or contact us at 908.464.9555.



### **Remember:**

If you are new to weight training, it's very important that you get some basic instruction before beginning. This will help you avoid injury and get the best results.

**For more FREE FITNESS ARTICLES and E-BOOKS, visit us at [www.peakperformancenj.com](http://www.peakperformancenj.com).**

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*Peak Performance is a family owned and operated Health Club and Personal Training Studio located in Berkeley Heights, NJ. Co-owners Pete & Joe Bellisano are certified fitness professionals who are dedicated to improving their clients' quality of life through fitness.*