

Weight Training for Women of all Ages

Before you say “No”, consider the benefits that lifting weights can bring into your healthy lifestyle regimen. Again and again, research has shown that women who maintain a regular, moderate strength training program enjoy a long list of health advantages. Some women still fear that weight training might bulk them up in unfeminine ways; however, as women of all ages realize the benefits of resistance training, negative attitudes about women in the weight room are rapidly fading, according to renowned strength training specialists around the country.

If you would like to participate in a guided, instructor-led strength training program, ask us about **Women’s Strength Training** this Fall. In 8 weeks you’ll learn to train by yourself with confidence and power. Act fast, as the class is limited to 8 participants only.

Olympia Downtown YMCA

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WOMEN’S STRENGTH TRAINING



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*We build strong kids,
strong families,
strong communities*

Olympia Downtown YMCA



The 10 Benefits of Weight Training for Women

You Will Be Physically Stronger.

Moderate weight training increases a woman's strength by 30 to 50 percent. Extra strength will make it easier to accomplish some daily activities, such as lifting groceries or children. Researchers note that most strength differences between men and women can be explained by differences in body size and fat mass. Therefore, pound for pound, women can develop their strength at the same rate as men.

You Will Lose Body Fat.

The average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle and will lose 3.5 pounds of fat. As your lean muscle increases so does your resting metabolism, and you burn more calories all day long. Generally speaking, for each pound of muscle you gain, you burn 35 to 50 more calories each day. That can really add up.

You Will Gain Strength Without Bulk.

Unlike men, women typically don't gain size from strength training, because compared to men, women have 10 to 30 times less of the hormones that cause muscle hypertrophy. You will, however, develop muscle tone and definition. This is a bonus.

Your Bones Will Benefit.

Research has found that weight training can increase spinal bone mineral density (and enhance bone modeling) by 13 percent in six months. This, coupled with an adequate amount of dietary calcium, can be a woman's best defense against osteoporosis.

You Will Improve Your Athleticism.

Research has found that weight training can increase your driving power. Whatever your sport of choice, strength training may not only improve your proficiency but also decrease your risk of injury.

You Will Reduce Your Risk Of Injury, Back Pain and Arthritis.

Strength training not only builds stronger muscles, but also builds stronger connective tissues and increases joint stability. This acts as reinforcement for the joints and helps prevent injury. A recent study showed that strengthening the low-back muscles had an 80 percent success rate in eliminating or alleviating low-back pain.

You Will Reduce Risk of Heart Disease.

Weight training can improve cardiovascular health in several ways, including lowering LDL ("bad") cholesterol, increasing HDL ("good") cholesterol and lowering blood pressure. When cardiovascular exercise is added, these benefits are maximized.

You Will Reduce Your Risk of Diabetes.

Adult-onset diabetes is a growing problem for women and men. Weight training may improve the way the body processes sugar, which may reduce the risk of diabetes. Research indicates that weight training can increase glucose utilization in the body by 23 percent in four months.

It Is Never Too Late To Benefit.

Women in their 70s and 80s have built up significant strength through weight training and studies show that strength improvements are possible at any age. Note, however, that a strength training professional should always supervise older participants.

You Will Improve Your Attitude And Fight Depression.

A Harvard study found that 2-3 months of strength training reduced clinical depression symptoms more successfully than standard counseling did. Women who strength train commonly report feeling more confident and capable as a result of their program, all important factors in fighting depression.

This 8-Week Program offers women over 18 years of age and of varying fitness levels an easy-to-follow guide on developing muscular fitness. By dispelling the many myths and misconceptions of free-weight training, we assist you in conquering the fear of your transition from the selectorized Nautilus equipment to a new world of strength training options. Conducted in a group setting, the program is fun and interactive. Learn about functionality, muscle isolation, safety and efficiency. Inquire at our Member Services if you are interested to know more about this program or call Lloyd Moore at (360) 357-6609 Ext.



Fees:

Facility Members - \$30 (8 Classes)

Program Members - \$65 (8 Classes)

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