

Why Weight Training is a must!

There are so many benefits to weights training beyond just building strength. One of these is the effect it has on bone strength and the prevention of osteoporosis. Another is its ability to help you lose body fat. Yes we know cardio gets you sweating up a storm and that surely means you have turned into a calorie burning furnace. Yes cardio is good... for your fitness. But a combination of strength and cardio is best for fat loss. "But I don't want to look big and bulky" I hear too many women say... WRONG!!! This rarely happens. Women don't have the level of testosterone to build muscle like men do. In fact, it is quite hard to gain muscle to the point you will look "bulky". So put those thoughts to the side and let's dig into why weights training is a must!

First and most obviously, it builds strength. Strong muscles are important for not only lifting heavy things, but they help with posture, injury prevention, improved balance and stability, and making everyday activities a little bit easier. Things like carrying groceries, picking up the kids, doing the gardening or household chores. Yanking your ridiculously heavy suitcase off the conveyor belt after a month long shopping spree in Europe... Everything becomes easier. So having a strong body is important.

It aids in the prevention of osteoporosis by increasing bone density. Yep, not only does it strengthen the muscles, but it also strengthens your bones. As you begin to age, bone density slowly decreases. Adding weight bearing and strength exercises to your regular exercise routine will slow this process.

It will help you lose weight. More accurately, lose body fat... Lean muscle is very metabolically active. Building lean muscle will boost your metabolism and will turn you into a calorie burning machine, even at rest. Even after you have finished a weight training session, your body continues to burn calories, long after you have finished your workout.

What is considered weight training?

Most obvious is the use of weights. Dumbbells, barbells, cable machines, plate loaded machines, pin loaded weights machines etc. But weight training is considered anything that puts a stress on the muscles which causes them to adapt and get stronger. So the use of kettlebells, slam balls, sand bags and all that lovely functional stuff is a style of weight training. Also the use of gravity as resistance working with body weight exercises. Squats, lunges, pushups, chin-ups, dips, sit ups, etc. These can also be considered a form of weights training.

So as you can see, there are many styles of weight training and there are many benefits to including it in your exercise routine. Find a style that works for you, and aim for at least 2 – 3 weight training sessions a week.

You will be a lean, mean, calorie burning machine in no time 💎💎