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WHY WOMEN NEED TO WEIGHT TRAIN

Top Ten Reasons...

YOU'LL LOSE MORE FAT THAN YOU'LL GAIN MUSCLE

Studies performed by Westcott, W., showed that the average women who weight trains two to three times a week for eight weeks gains 1.75 pounds of lean weight or muscle and loses 3.5 pounds of fat.

YOUR NEW MUSCLE WILL FIGHT OBESITY

As muscle increases from weight training so does metabolism. This allows you to burn more calories. For each pound of muscle, you'll burn 35 to 50 more calories per day.

YOU'LL BE A STRONGER WOMAN

Moderate weight training increases a woman's strength by 30 to 50 percent. Extra strength will make it easier to accomplish many daily activities.

YOUR BONES WILL BENEFIT

By the time you leave high school, you have established all the bone mineral density you'll ever have ~ unless you

weight train. Research has found that weight training can increase spinal bone mineral density by 13 percent in six months. This means that weight training is a powerful tool against Osteoporosis.

YOU WILL REDUCE YOUR RISK OF DIABETES

Adult-onset diabetes is a growing problem for women and men. Research indicates that weight training can increase glucose utilization in the body by 23 percent in four months.

YOU WILL FIGHT HEART DISEASE

Weight training will improve your cholesterol profile and blood pressure. Adding cardiovascular exercise and flexibility training will only increase the benefits.

YOU REDUCE BACK PAIN AND FIGHT ARTHRITIS

A recent 12-year study showed that strengthening the low back muscles has an 80 percent success rate in eliminating or alleviating low back pain. Other

studies have indicated that weight training can ease arthritis pain and strengthen joints.

YOU'LL BE A BETTER ATHLETE

Weight training improves athletic ability. Whatever your sport of choice, weight training may not only improve your proficiency but also decrease your risk of injury.

STRENGTH IMPROVEMENTS ARE POSSIBLE AT ANY AGE

Several studies show that numerous women in their 70's and 80's were successfully trained over a 6 week period. A muscle is responsive at any age.

YOU'LL IMPROVE YOUR MENTAL HEALTH

A Harvard study found that 10 weeks of strength training reduced clinical depression symptoms successfully. Women who strength train commonly report feeling more confident and capable as a result of their program.

Reference: Westcott, W, IDEAfit.com, 2003.

AT KATCH LIFE HEALTH & WELLNESS WE CAN HELP YOU SET UP AN EFFECTIVE WEIGHT TRAINING PROGRAM SO YOU CAN RECEIVE THESE BENEFITS!!!

Call **KATCH LIFE** Health & Wellness NOW at 492.2755 and learn how you can achieve greater strength, muscle tone, endurance, self-confidence, energy and sleep. Our training programs will help you manage your weight, feel motivated and suffer less pain. Call NOW for more details!

KATCH LIFE Health & Wellness VISIT: 3373 Skaha Lake Rd (across from the waterslides)

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