

## Benefits of Strength Training for Women

### ***What is strength training exactly?***

Strength training (otherwise known as resistance training) can involve using a mixture of your own bodyweight or tools (e.g., dumbbells or resistance bands etc.) to build muscle mass, strength, and endurance.



**There are many benefits to strength training including:**

### **Promotes positive movement patterns and pain reduction**

Strength training has been shown to improve overall movement patterns leading to significant decreases in musculoskeletal pain. Meaning - strength training can help us keep moving pain-free.

### **Increase in resting metabolic rate**

Strength training has been proven to increase our resting metabolic rate (RMR). If your overall lean body mass is higher (more muscle) it increases your RMR, which means you burn more calories every day, not just on the days you train.

### **Self-confidence and healthy goals**

Movement of any kind, especially strength training, improves our psychological state of mind and mood. Exercise has also been proven to free us from a cycle of dieting and unrealistic body image goals.

### **Protection of bone mineral density (osteoporosis)**

Osteoporosis is a disease that weakens bones to the point where they break easily, it is also the most common bone disease worldwide, and has become even more common with increases in life expectancy. Strength training can increase bone density and reduce the risk of osteoporosis, and therefore helps us maintain strong and healthy bones.

### **Not sure how to plan a session? Tips on getting started**

- Always include a warmup to pump blood to your muscles, this can include light skipping or marching on the spot
- Start with lighter weight (or just body weight) and work your way up
- Gradually increase the weights, once you're comfortable with the number of sets and reps you're doing increase the weight and see how you get on
- Rest for at least 30-60 seconds between sets to help prevent muscle fatigue
- Gently stretch your muscles after your workout, perform static stretches (where you hold the stretch) for at least 15 seconds
- Always remember to incorporate rest days to give your muscles a chance to recover

**One of the most common questions asked about strength training from women is -**

### ***Will I get bulky from strength training?***

Generally, females tend to have smaller muscle fibers, a lower concentration of fast-twitch (type-II) muscle fibers, and a much lower serum level of testosterone compared to males. Which means, you should experience hypertrophy (gains) from strength training, but it is unlikely that it will result in big bulky muscles. Strength training is a critical part of a balanced fitness routine and healthy lifestyle, it's suitable for women of all ages and is highly recommended.

