

WOMEN

**Lifting weights is
empowering.**

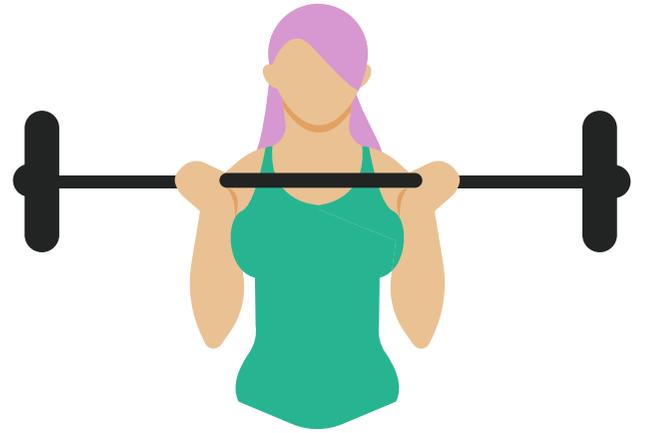
Here's why...



MARCH - WOMENS MONTH 2021

innerathletegym

INCREASED CONFIDENCE



When women learn how to lift weights they begin to feel empowered. Knowing your way around the weight room gives you a sense of higher gym IQ and inner strength. No longer being put off by the clanging and banging of the weight room but being able to train alongside others is a great, uplifting feeling.

Not only this but resistance training increases lean muscle mass which makes women look awesome. Weights help to create beautiful curves, leaves clothes fitting better and helps wind back the clock by making us appear more youthful with leaner bodies carrying more muscle.

CAN HELP REDUCE BODY FAT

Calories in - Calories Out

When you begin a training program with frequent resistance training your body undergoes changes as a result. A common one is fat loss. This is largely due to upping your energy output (burning more calories) while eating the same, or often less as many people diet when beginning a new exercise protocol.

Women can expect to burn anywhere from 300-450 calories an hour while lifting weights, depending on training style and bodyweight.



STRESS RELIEF + COGNITIVE FUNCTION

People who strength train regularly were found to manage stress a lot better.

Exercise triggers the release of endorphins. They can reduce pain, relieve and boost pleasure, leading to a feeling of wellbeing, working similarly to opioids.

Those that strength train and take part in resistance training in general show an improvement in memory and cognitive function, especially as we age.

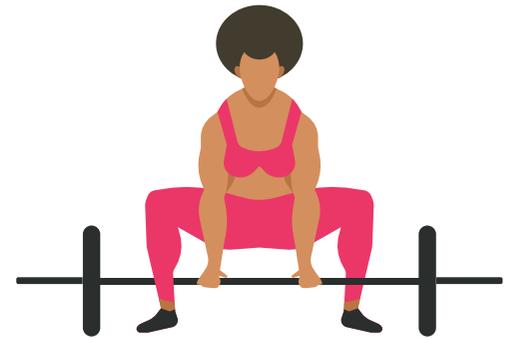
"Resistance exercises and resistance training evoked substantial functional brain changes, especially in the frontal lobe, which were accompanied by improvements in executive functions."

<https://pubmed.ncbi.nlm.nih.gov/30272098/>



IMPROVES SLEEP + BOOSTS ENERGY

Weight/strength training may improve overall sleep quality.

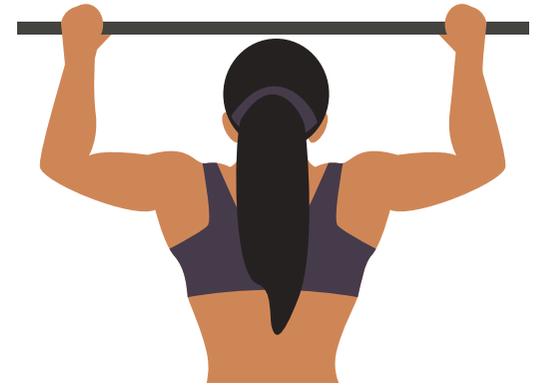


A recent study suggests strength training can help improve quality of sleep. This is because strength training causes the breakdown of ATP into adenosine, which can cause drowsiness.

Improved quality of sleep should leave you feeling more refreshed and well rested. Even a small resistance training session is enough to increase energy expenditure, leaving you ready for a good night's sleep.

Note on caffeine: Caffeine acts as an adenosine blocker. It attaches itself to the same receptors that adenosine would normally latch onto. It therefore prevents drowsiness as the levels of adenosine in the body increase.

HEALTHY HEART

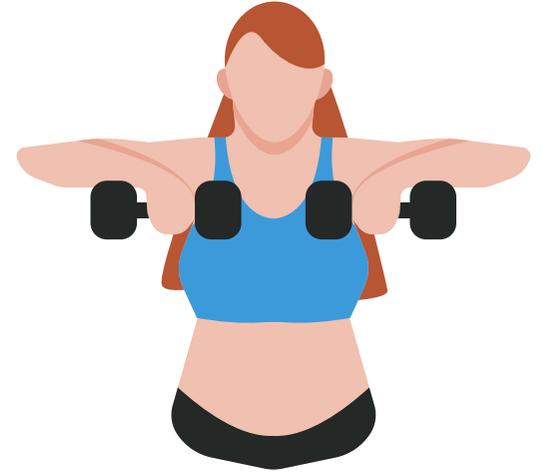


Resistance training helps lower bad cholesterol and raises good cholesterol, leading to lower blood pressure. Regular resistance training makes you less likely to have some of the common risk factors associated with heart disease such as large waist circumference, high blood pressure, increased triglyceride levels and elevated glucose levels.

You start seeing benefits of resistance training from as little as an hour a week! According to a study, one hour of resistance training per week could reduce your risk for a heart attack or stroke by 40 to 70 percent.

<https://pubmed.ncbi.nlm.nih.gov/30376511/>

STRONGER JOINTS + BONES



Resistance training improves joint stability, increases bone density and strengthens muscles, connective tissue and tendons. All of this makes us stronger, particularly important with age and will make us less susceptible to falls and injuries.

Regular strength training also improves core strength and proprioception. It can better prepare women for pregnancy and childbirth as well as helping with everyday activities like childcare, shopping, moving heavy objects and generally feeling fit and strong and ready to take on the world.