

Benefits of Weight Training

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How many times have you been told that weight training is good for you? More importantly, do you believe that weight training will make you bulky as a woman or that weight training is only for the beef cakes at your gym?

Before you write off working out because you haven't noticed huge changes in your outside appearance, take a moment to learn about the amazing things happening on the inside of your body that long term will change your life.

Research has proven time and time again that exercise and more specifically weight training or resistance exercises have numerous benefits, so lets take a look at a few.



Women Can Gain Strength Without the Bulk:

One of the benefits of weight training is seeing significant increase in strength over a short period of time. According to one study, the researchers found that, *“With the exception of the leg press for women (after 2 wk of training) and leg extension for men (after 6 wk of training), absolute and relative maximal dynamic strength was significantly increased after 4 wk of training for all three exercises (squat, leg press, and leg extension) in both sexes.”* This study shows that by *simply* adding weight training to your exercise routine you will notice your strength gains within a few weeks. It is important

to note that proper form and the amount of weight you lift play a large role in your gains but with a personal trainer to help you learn these things you will be well on your way to a stronger you!

Remember that as a woman you will get increases in strength gains without the bulk. Before you push off weight training because you are afraid you will gain weight or get bulky, it is important to know that women lack large amounts of testosterone as compared to men; therefore women cannot get the same size benefits as men from training.

Weight Training Prevents the Breakdown of Lean Muscle Mass:

The dieting industry is a multi-billion dollar industry and growing strong. However, most companies that promote strict diets forget to mention the adverse affects dieting without exercise has on the body. The weight-loss from “diet only” plans is primarily the loss of lean body mass (your muscle) and water. Once the diet is over, you will gain the weight back, only this time you will gain an increased amount of body fat because you have lost important metabolic tissue known as your muscle. One study concluded that, *“Perhaps one of the most meaningful benefits of resistance training during a reduced-calorie intake intervention is that it helps to prevent the loss of fat-free mass (muscle).”*ⁱⁱ Next time you decide to follow a diet plan, make sure you incorporate a well thought out exercise plan with the help of a professional to ensure you do not lose muscle.

Weight Training Increase Your Metabolism:

As you age, there is a shift in your body with a decrease in fat free mass and an increase in fat mass; this means you are losing muscle and gaining more fat as you age. Can you reverse this process? The answer is simple; yes weight training can increase your muscle mass, therefore increasing your resting metabolic rate or metabolism. One study tested 13 healthy 50 to 65 year olds and found that after 16 weeks there was a 40% increase in strength gains, a 7% increase in their resting metabolic rate and although their body weight did not change there was an increase in fat free mass and a decrease in fat mass.ⁱⁱⁱ These are important results showing that anyone at any age can begin a training program and see outstanding results.

Weight Training Prevent Bone Loss

People of all ages can prevent bone loss through exercise. Weight training has been shown to increase bone mass density and this is great news for anyone. As you age, you lose your bone mass density which can lead to problems like osteoporosis, weak hips and spine and result in falls and breaks as an older adult. *“Numerous studies have demonstrated that adults who exercise have greater bone mass than those who are less active. The degree of increase in bone density depends on the mode and intensity of exercise, the number of years training, and the age at which training began.”^{iv}*



Weight Training Aids in Weight Loss

Weight loss can be frustrating and overwhelming but adding exercise to your program will not only help you increase lean muscle mass it will help decrease body fat while increasing your Basal Metabolic Rate, therefore increasing your metabolism. Weight-training alone is not the answer to overall weight-loss but it will help you reach your goals and fit into your favorite pair of jeans. *“Resistance training programs can increase fat-free mass and decrease the percentage of body fat. One of the outstanding benefits of resistance exercise, as it relates to weight loss, is the positive impact of increasing energy expenditure during the exercise session and somewhat during recovery, and on maintaining or increasing fat-free body mass while encouraging the loss of fat body weight.”^v*

Conclusion:

These are just a few of the benefits you can see and feel by adding weight-training to your fitness program. Anyone at any age will benefit by incorporating resistance training on a regular basis. Remember that exercise is also a science and there is a large learning curve; therefore seeing a trainer can help you find the best program to suit your needs and avoid injuries.

Visit www.innerfitstudios.com to book your trainer and get results today!

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ⁱ R. S. Staron, D. L. Karapondo, W. J. Kraemer, A. C. Fry, S. E. Gordon, J. E. Falkel, F. C. Hagerman and R. S. Hikida. *Journal of Applied Physiology*, Vol 76, Issue 3 1247-1255, Copyright © 1994 by American Physiological Society.

ⁱⁱ Donnelly, J.E., Jakicic, J.M., Pronk, N., Smith, B.K., Kirk, E.P., Jacobsen, D.J., Washburn, R. "Is Resistance Training Effective for Weight Management?" *Evidence-Based Preventive Medicine*. 2003; 1(1): 21-29.

ⁱⁱⁱ R. Pratley, B. Nicklas, M. Rubin, J. Miller, A. Smith, M. Smith, B. Hurley and A. Goldberg. *Journal of Applied Physiology*, Vol 76, Issue 1 133-137, Copyright © 1994 by American Physiological Society

^{iv} *Shedden, M. & Kravitz, L. (2004). Exercise and bone strength. IDEA Personal Trainer, 15(5), 34-37.*

^v Kravitz, L. (1996). Resistance training: Adaptations and health implications. *IDEA Today*, 14(9), 38-46.