

WHY STRENGTH TRAINING IS A MUST FOR WOMEN

[\(Read the article on the Daily9 blog\)](#)

1

KEEPS YOUR BONES HEALTHY AND STRONG

Strength training helps maintain muscle and preserve bone density, reducing the risk of osteoporosis and bone injuries as you get older.

2

BETTER HORMONAL HEALTH

Training to get strong helps regulate estrogen, progesterone and testosterone levels in older women and promotes the release of growth hormones. Simply put - better hormone health!

3

INCREASES METABOLISM, HELPING YOU BURN CALORIES AND LOSE FAT

In addition to the calories burned during exercise, strength training promotes a higher calorie burn during the hours after exercise as well.

4

HELPS YOU BUILD MUSCLE, IMPROVES POSTURE

Getting stronger makes your muscles more toned. Stronger muscles help maintain better posture and can reduce the risk of aches and pains.

5

INCREASES POWER, RECOVERY AND ENDURANCE LEVELS

Feel more energetic and experience less tiredness as you go about your day.

6

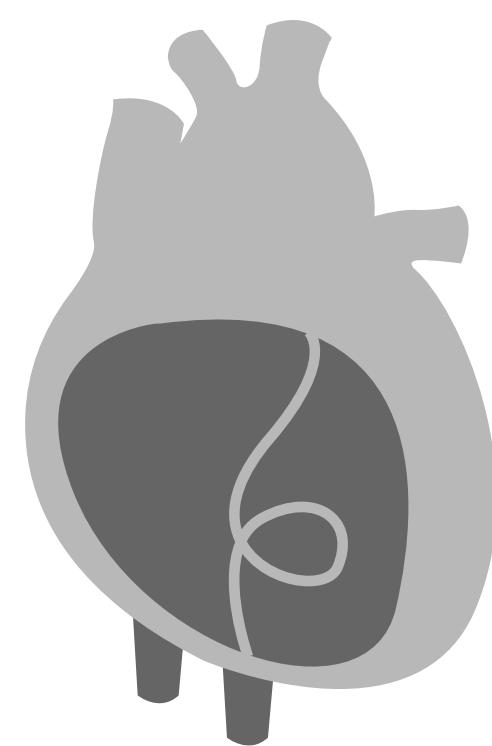
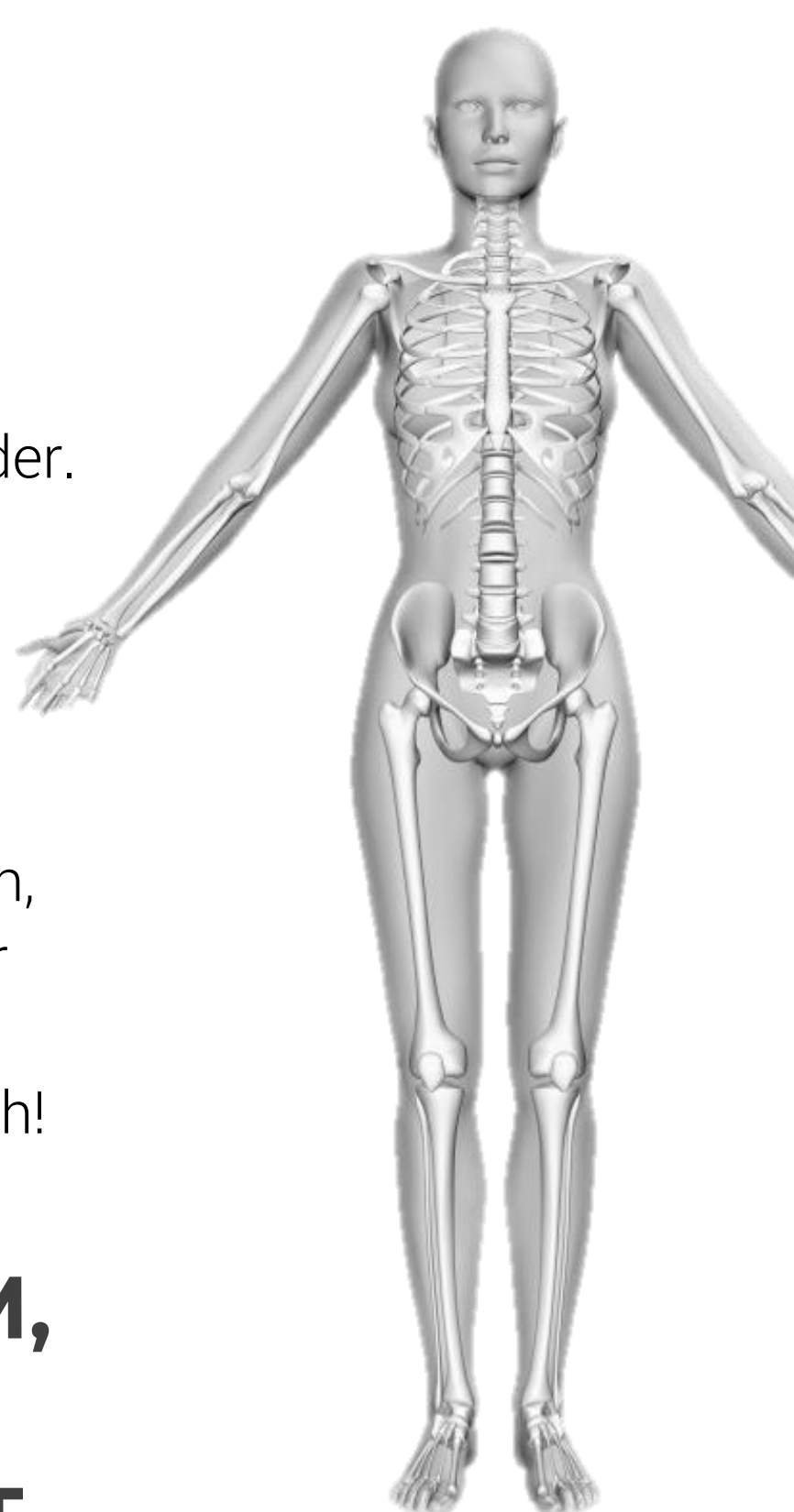
IMPROVES INSULIN SENSITIVITY

Lowers the risk of diabetes and heart disease.

7

HELPS RELIEVE MENTAL STRESS AND IS A GREAT CONFIDENCE-BUILDER

Strength training can be a great stress-buster and helps to lift your mood. It's better for your body and mind!



THE WORLD HEALTH ORGANISATION (WHO) RECOMMENDS INCORPORATING STRENGTH TRAINING EXERCISES FOR ALL THE MAJOR MUSCLE GROUPS **AT LEAST TWICE A WEEK** FOR ADULTS WHO ARE 18-64 YEARS OLD.

Myth:

Women in their 30s/ 40s are too old for strength training

The truth:

You can start at any age, even after 50. Just 2 sessions of 20-mins can lead to big improvements in your health and quality of life.

Myth:

Women will get too bulky with strength training

The truth:

That just won't happen. Women's hormone levels are very different from men, so you just cannot bulk up. Typically, only professional body builders who do it for a living and use a lot of supplements can achieve this.