

# WHY WOMEN SHOULD LIFT!



# WHY?

## Metabolism & Muscle



- ❖ Weight lifting builds muscle
- ❖ Muscle increases metabolic rate
- ❖ Muscle ***burns calories @ rest***, Fat does NOT!

*“It’ll make me bulky!”*

## Bone Health

- ❖ Women are at a higher risk of developing *Osteoporosis*
- ❖ Lifting weights increases **bone density**



- ❖ Women typically do not have high enough levels of *testosterone* to support a bulky physique
- ❖ Most bulky women are likely supplementing w/ hormones
- ❖ Hypertrophy (increasing bulk) requires specific diets and training models

## Confidence!



- ❖ Physical & Mental Strength

