

SEPTEMBER 2011

Get Fit—Stay Fit

Upcoming Events

New Class on

Monday

at 5:30 pm!

with Denise

Starting Sept 12th plus other
new classes & themes!

September is Ovarian Cancer Awareness month, go to our website, click on FB icon and see Mayo Clinic info about this disease that is many times misdiagnosed. See symptoms, treatments and get informed. Show your support, wear "teal".

Join Robin Wednesday Sept 14th and "Z" on Wednesday Sept 28th for a 20 minute "Power Lecture" at 8:40 am prior to the 9am classes Check the information board for details and RSVP. Thank you for your positive response, one more way "We Are Making Your Day Better"

Celebrate team "Fit and Fabulous" this year with 88 participants as we walk, run, or financially support a vision of a world without breast cancer. Check information board for meeting time and location on Race day, Sept 17th and pre-race packet pick up.

Go to Facebook and click "Like" on Fitness Lady page, then check in when you workout letting everyone know you are committed to a healthier life.



<http://www.facebook.com/fitnessladyonline>

Fitness Lady



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Focus: Women Should Lift Weights

Over the last decade, researchers have given us compelling arguments for the benefits of weight training for women over the age of 50. Yet few women take this recommendation to heart. Most women spend much of their time on cardiovascular exercise. Whatever the reasons for avoiding weight training, here are several great reasons why you need to take strength training more seriously.

1. You will be physically stronger. You will be less dependent on others for assistance with ADL's. Your chores will be easier, lifting kids, groceries and laundry will no longer challenge you and will be less likely to cause injury.

2. You will lose body fat. Wayne Westcott, PhD found that the average woman who strength trains 2-3 times a week for 2 months, will gain nearly 2 pounds of muscle and lose 3.5 pounds of fat. Lean tissue increases your resting metabolic rate and you burn more calories all day long. A pound of muscle burns 35 to 50 calories each day.

3. You will gain strength without bulk. Research has found that women, unlike men typically don't gain size from strength training. Why? Women have 10 to 30 times less of the hormones that cause muscle to get large, (hypertrophy). You will develop muscle tone and definition, and that adds up.

4. You will reduce your risk of injury, back pain and arthritis. Strength training not only builds stronger muscles, but also builds stronger connective tissues and increases joint stability. This strength in tissues helps prevent

injury. A 12 year study showed that strengthening the low back muscles had an 80% success rate in eliminating or alleviating low back pain. Other studies indicated weight training can ease the pain of osteoarthritis and strengthen joints.

5. You will reduce your risk of Heart Disease and Diabetes. Dr. Barry Franklin, of Wm Beaumont Hospital in Michigan noted that weight training may improve the way your body processes sugar and can increase glucose utilization in the body by 23 % in four months. Weight training can also improve cardiovascular health by lowering LDL (bad) cholesterol, increasing HDL (good) cholesterol and lowering blood pressure.

6. It is never too late! Women in their 70's and 80's have shown significant strength improvements as proven in many studies performed by Miriam Nelson and in her book, "Strong Women are Young Women", Strong Women Stay Slim" and "Strong Women, Strong Bones" There are many more reasons why women should be strength training, but these say why LOUD AND CLEAR! Set an appointment today with one of our helpful staff and start seeing results soon.

Kedgy Larson

Owner/Director

ACSM/HFS, CIAR/PFS



The Trainer's Corner: Brianna Larson, B.S., ACSM/CHFS— Health/Fitness Specialist

Brianna is a Certified Exercise Specialist, fitness blogger, competitive athlete, and holds a degree in Health and Exercise Science. During the past 6 years, she has helped hundreds of women transform their bodies and reclaim their health and total well-being. Since 2009, Brianna has expanded her impact by bringing her real-world experience, enthusiasm and passion online. www.flexiblebilliegoat.com

"I have been working out for nearly 4 weeks, however my body is not responding to the exercise. Am I doing something wrong? What is the best strategy for burning fat and losing weight?"

Remember "fat burns in a fire of carbohydrates", so you must ensure that your fuel needs are on point before you look at adjusting any other aspect of your training routine. In summary the best ways to maximize your burn and transform your body are:

1) Increase muscle with weight training. Extra muscle helps to burn more energy at rest, even if only a little. This is called the resting metabolic rate of muscle or RMR. Extra muscle will also burn more fat in active phase, the active metabolic rate if you like, or the AMR, so having more muscle will definitely help burn more energy and fat.

2) Lift heavier weights. What I suggest is that the weights work-

out should be vigorous, with the number of repetitions kept at the low to medium end of the scale between 8 and 12 repetitions. The 8-12 is within a range that should provide strength and bigger muscle growth, which is called hypertrophy. You should aim to complete 2-3 sets and the goal should be muscle fatigue.

3) Do aerobic exercise. Considering how much energy you would use in an hour of either type of exercise, weights or cardio, you must do some consistent aerobic or cardio work to burn fat. Try high-intensity cardio. High-intensity exercise, even if only in short bursts, may rev up the metabolism and get that fat mobilized in the post-exercise period. If you really want a challenge bring a friend and sweat through a fat-blasting H.I.I.T. class on Friday at 4:15.