



WOMEN & WEIGHTS

Many women avoid weight training because of the untrue myths that lifting will make them bulky, that it's dangerous, it's bad for your joints, and that muscle will turn into fat if one stops weight training. Women need to put those stereotypes and fear aside and realize that weight training are very beneficial. Here are several reasons why women should make weight lifting part of their workout regimen.

YOUR METABOLISM WILL RISE

As women age, they naturally lose muscle mass causing metabolism to slow down. When performing weight bearing exercises, you start revving up your metabolism keeping it "burning" many hours after your workout.

BONE HEALTH

Resistance training is an excellent way to combat loss of bone mass, and it decreases the risk of osteoporosis.

RESHAPE YOUR BODY

Cardio may help lose those excess pounds, but it's weights that will help you sculpt and tone your body.

YOUR HEART WILL BE HEALTHIER

Lifting weights can reduce your risk of heart disease. Research has shown that lifting has decreased blood pressure for 10–12 hours after each session.

YOU CAN DO IT ANYTIME/ANYWHERE

You don't need a lot of space or a lot of equipment to get a great strength workout. There are plenty of exercises to do using your own bodyweight.

So women, pick up those weights and add strength training to your workout 2-3 times a week to feel better and get stronger!

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Source: <http://www.womenshealthmag.com/fitness/weight-exercises-women>

92Y LIVES

MOVEMENT OF THE MONTH

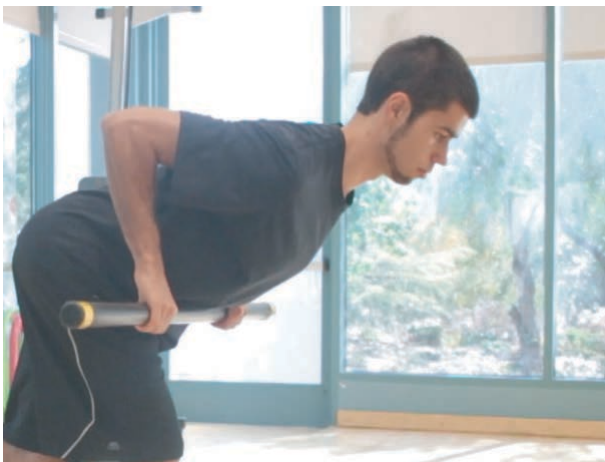
BENT OVER ROW TO DEADLIFT



Beginner


Begin by choosing a light weight body bar. Grip the bar with an overhand hold. Legs will be hip width apart, hands will be on the outside of the thighs. Bend your knees slightly to help protect your joints. Pushing back through the hips, lower your torso towards the floor until you're in a flat back, 90° angle position. Your arms will be straight, with the bar directly over your toes and neck in a neutral position.

Bend your elbows and pull the bar up towards your torso, right below your chest. Slowly lower the bar back to the starting position, with arms straight and the bar over your toes. Squeeze your hamstrings and glutes as you lift the torso up to a standing position, pushing the hips forward. Make sure your back is straight during this process.



Advanced

Do exactly as described previously, but using a barbell with or without plates.



LOW ENERGY AND ANEMIA

Do you suffer from extreme fatigue, pale skin, brittle nails, weakness, headache or cold hands and feet? These are some of the symptoms of iron deficiency anemia. Iron deficiency anemia is defined by a subnormal amount of hemoglobin in the blood. It occurs when your body doesn't have enough iron to produce hemoglobin, the portion of red blood cells that carry oxygenated blood throughout the body.

At the onset, anemia may be mild and go unnoticed. However, as the deficiency worsens, the symptoms will become magnified¹. If left untreated, it can lead to health problems such as heart disease, problems during pregnancy and growth complications.

Causes of iron deficiency anemia include heavy blood loss, a lack of iron in the diet, pregnancy and the inability to absorb iron. Intestinal disorders such as celiac disease affect the small intestine's ability to absorb nutrients from food and can lead to nutrient deficiencies and anemia².

If you develop signs and symptoms of iron deficiency anemia, see your doctor for testing and diagnosis. Self-diagnosis and self-treatment can be dangerous because excess iron accumulates in the liver and can lead to liver damage and other complications. To reduce your risk of iron deficiency anemia, choose iron-rich foods such as meat, eggs and leafy greens and pairing them with Vitamin C to increase absorption.

[1] Stuart-Macadam, Patricia, and Susan Kent, eds. Diet, demography, and disease: changing perspectives on anemia. Transaction Publishers, 1992.

[2] <http://www.mayoclinic.org/diseases-conditions/iron-deficiency-anemia/basics/symptoms/con-20019327>