

The Benefits of Women's Fitness

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All of us have promised ourselves that we are going to get in shape, start a healthier lifestyle, and even some of us have joined the gym a few times for the next New Year's Resolution. But how many of us have stuck with our well intended promises? With work, family, and a busy social life who has time to stick to our plans? The answer is, all of us if we really want it.

We've all heard the facts: There is increasingly more data that shows the health risks that are associated with a sedentary lifestyle. Serious health risks such as Heart Disease, Bone Density loss, and Elevated Cholesterol among others can be reduced, improved, or reversed thanks to Weight Training.

More and more the benefits of women who are physically active are emerging. For example, working out during pregnancy is great for both mother and child. The benefits of exercising during pregnancy are numerous; namely limiting weight gain, keeping fit, improving circulation, improving support of pelvic organs and shortening delivery time.

Another factor concerning women is the threat of Osteoporosis. According to the National Osteoporosis Foundation (NOF), more than 80% of American women will or currently have osteoporosis. Research proves that the weight bearing and strength training exercise are effective methods to prevent, slow and maybe reverse bone loss associated with aging. Additionally, weight training before menopause can help women build up bone density to try to avoid the onset of Osteoporosis.

The following testimonial was taken from a participant in a weight training program who experienced the positive results:

“In the summer of 2004 my bone density test showed I had lost 25% of density from my previous testingHesitant to start on a lifetime of prescription medication, I came to you and enrolled in your WOW program.....Lo and behold, my most recent bone density test showed I had stabilized and I am now doing fine.”

There are numerous reasons for women to be physically fit. Some of us just need guidance on where to start.

At Spine and Sport, Cindy Beauchamp has developed a weight training program that is tailored to meet women's exercise needs; the WOW Program (Women on Weights). The groups of 4-6 women meets twice weekly to learn how to design programs for their fitness needs. It includes aerobic exercise, weight training, and nutritional counseling. For more information go to www.spinesport.org.