



Many women still think weight training is for men only. Back in high school you may recall doing calisthenics in gym class while the guys were pumping weights. For decades, women were socialized to believe that sweating, pumping iron and playing sports were not lady-like. Unfortunately, these beliefs have stuck!

In a broader sense, women often feel that age is another barrier. When a woman gets older, she tends to think that exercise is inappropriate or risky. Thus, she underestimates her physical capabilities, using excuses like, "I'm not as young as I used to be." The truth is that there are few reasons for women over 45 not to exercise. The more active you are the healthier you will be.

The exercise prescription for healthy, older adults often includes weight training because it increases strength, flexibility and alertness. So put your beliefs and excuses aside. You may benefit more from pumping iron than a woman half your age.

As you get older, your muscles start losing the strength and firmness they once had. Simply put, your muscles begin to shrink. By lifting weights, you build up muscular tone and strength, and your body begins to appear firmer, more youthful and vibrant.

Many women still fear that working out with weights will make them muscle bound. Well, you have far less testosterone (the male hormone that makes a man a man) in your body than men do. The muscles that you will build will simply accentuate your body's natural curves. When you see a woman with bulging muscles, she more than likely uses steroids to get that way.

Since, we aren't getting any younger. Start a fitness program, so we can age gracefully because it is the fountain to youth.

The phrase "old age is woman's hell" certainly doesn't apply to a woman who uses weights to keep in shape. For the woman over 45, the body building can be an excellent rejuvenator-tightening the tummy, arms, thighs and calves, recontouring spreading hips and lifting sagging breast.

OVER 45

A Woman's Guide to Weight Training

One On One with Kamaal