

Women and Weight Loss

Myths and Truths

Myth 1: Weight lifting will make your muscles bulky.

No way! When women lift weights, they will only get more tone, NOT bulky. Testosterone in men is what causes them to get bulky muscles. Women do not need to worry about this. Weight lifting burns more calories than cardio and sculpts your body without the bulk.



Myth 2: You need cardio to lose weight.

If you hate cardio, you don't have to do it! Only doing cardio will help you lose weight, but cardio does not burn as many calories as strength training does. When you lift weights, your body will burn additional calories for 24-48 hours after your workout. If your sole goal is to lose weight, eating a healthier diet will take care of about 80% of your weight loss. If you want to condition and tone your body, try lifting some weights or using weight machines.



Myth 3: You can spot reduce fat.

The places that you lose weight first depend on your genetic makeup. There may be an order to the way you lose weight (legs first, arms, then stomach, etc.), but you cannot choose what part of your body you lose weight from first. So, do not focus too much on the target area but instead on working your whole body. The weight will come off gradually from all over with proper eating and proper exercise.

Myth 4: Men and women should train differently.

Women can follow the same program as men. There is no reason they can't. Women will have different results than men because of hormones and genetics, but they can still use the same program. Sometimes, there are guidelines for women because of hormones, pregnancy, and menstruation. When it comes to the type of workout, though, women and men can do the same. So, don't hold yourself back!



Myth 5: Eating less is all you need to lose weight.

Yes, eating less will cause you to lose weight, but living on restricted calories leads to fatigue, irritability, and **hunger**. Our bodies need good food to work. If you try to exercise on limited calories, your workout will suffer because you won't have enough energy to perform your best. Eating healthy and staying physically active is what really matters. With good nutrition you can have a powerful workout and burn more calories. Eating more as you workout is necessary in order to build your muscles. Get in shape, feel happy, and live with energy by feeding your body well!

Myth 6: One plan will work for every woman.

You may have read 10 different diet books and tried every workout video, but just because these exist does not mean they are going to work for you. Every *body* is different. Every person will react differently to foods and workouts. The best way to find out what works is to *try it!* Experiment to find your best weight loss strategy, and most importantly, live healthily.