



## Benefits of Weight Lifting

Weight training is *not* the same as body building. Weight training is about improving muscle strength and tone. For men, who have higher levels of testosterone, it usually means an increase in muscle size; whereas women tend to increase tone without greatly increasing muscle size. Typically, muscle conditioning uses dumbbells and

barbells and various types of machines.

What can weight training do for you?

- Stronger muscles can improve your posture and help keep your body in balance.
- Stronger muscles can prevent injuries.
- Weight training helps to tone, lift, firm, and shape your body.
- Stronger muscles can help with your everyday activities, such as lugging shopping bags, moving furniture, lifting kids and strollers, and so on.
- Weight training can help prevent osteoporosis.
- Weight training can help to reshape problem areas, such as your sagging arms and your rear end. Unfortunately, there is no such thing as “spot reducing”...but don't worry, because the combination of a low-fat diet and aerobic activity burns total fat from all over your body, and chances are it will eventually come off your personal “trouble spots”.
- Weight training can increase your lean body mass and therefore increase your metabolism.

For further information on your Wellness program, please call or **visit Fit by Design – Award Winning Personal Training** at (972) 304-3323- located at 848 S Denton Tap Rd, St 225