

NEWSLETTER

MYTHS FOR WOMEN



Will weight training bulk me up?

1. If you lift weights, you'll bulk up. "It's physiologically impossible," says Michael Wood, director of the Sports Performance Group in Cambridge, Mass., and an exercise physiologist at Tufts Research Center on Aging. The reason? Testosterone is responsible for a muscle's bulk, and women simply don't have enough of this predominantly male hormone to build Schwarzenegger-sized bulges. "Because muscle is denser than fat, strength training actually makes muscles shapelier," Wood says.

2. If you stop working out, your muscles will turn to fat. Think apples and oranges: Fat and muscle are two different substances, and one cannot, will not, and has not ever turned into the other. Less of one simply means more room for the other. "When you stop using your muscles, your body becomes significantly less efficient at burning calories, which allows the pounds, in the form of fat, to creep back on," Wood says. If, say, a 150-pound woman stopped strength training, she may continue to see the same number when she steps on the scale, but her ratio of fat to muscle will shift dramatically. Women who work out with weights can slow the 10 percent loss of strength per decade that occurs in women who don't train with weights.

PrePare For Winter - Winter athletes often participate in a variety of activities and sports year-round and are aware that the foods and fluids they crave and consume change with the seasons. Winter nutrition conjures up images of warm, comforting foods that fuel your fit body and provide nutrients that keep you healthy through the cold season. Whether you train and focus on your chosen winter sport year-round or switch into winter training mode with the onset of cold weather, your daily food intake directly impacts your energy levels, recovery from training, and overall good health.

Whether you are an enthusiastic recreational participant or serious competitor preparing both indoors and outdoors, choosing the proper foods in the portions designed for your training program replaces the body fuel you burn during training and supplies the ingredients required to build strength and muscle. When you focus on optimal nutritional recovery from day to day, your efforts are rewarded when you arrive for a day on the slopes, snow, or ice in the best nutritional shape possible. When you are focused on winter training, you must meet the nutritional demands placed on your body in order to derive the maximum benefit from your exercise program. Bodies trained and primed for winter sports also require premium fuel for staying healthy throughout the season. If you suffer from lackluster training days, injuries, and more than a fair share of colds, flu, and the various viral and respiratory infections that can plague winter, you may not be making the highest-quality fuel choices possible. When it comes to your daily diet, as a winter sport athlete you should focus on quality, variety, and balance in order to obtain the more than forty-five different nutrients required for optimal functioning in your body.

Body Performance, Exercise, Strengthening, Core Development, Lifestyle and Weight Management

Research has shown people are more likely to adhere and follow an exercise program when working with a personal trainer. The easiest and most efficient way to improve your health and overall fitness is to work with a certified personal trainer. These days being "in shape is really becoming the standard for being healthy.

Personal Training: My goal is to work with you to maximize your full strength potential through exercise and weight/resistance training. Body toning and symmetry are key areas of focus, while building your total body system for a remarkable future, starting now.