Benefits of Weight Training for Women

When women hear of the word weight training they many times think of the stereotype that is associated by having “big and bulky muscles,” not taking into account the reaps of benefits one can obtain through a structured weight training program. Before the past couple of decades aerobics was the exercise that was stressed to women, however over time the gear shifted toward weight training because of the many benefits it provides for the body (Lorrayne, 2005). Weight training, also known as resistance training, can be used interchangeably and refers to “the technique of applying resistance to the muscles to stimulate growth of the muscle fibers and to increase circulation to them (Pagano, 2014).” Weight training is beneficial for women because it increases metabolic rate, helps with weight loss, and slows down the loss of muscle mass that occurs with ageing.

It is known that as early as age 25 women start to lose strength and muscle mass, and subtle changes begin to occur that are not measured simply by hopping on the scale. Even if women maintain their weight over time, if they do not perform any type of resistance training lean body mass begins to decline and body fat increases (Pagano, 2014). One can determine their fat mass to lean body mass by taking a look at their body composition. Body composition will show a ratio of one’s lean body mass compared to their fat mass. Embracing the weights is a sensible act women can take in order to increase muscle density and burn more calories (Sandler, 2008). When women are looking to lose weight the first thing that usually comes to mind is the treadmill or elliptical to try and burn as many calories as possible while neglecting the weights. What they tend to misunderstand is the way strength training has the ability to transform the shape of the body by reducing fat and maintaining and building lean muscle tissue (Collins, 2009).

It is a fact that every year after the age of 30, the average person gains one pound of body weight and loses up to a half a pound of muscle. Sarcopenia is the term for age-related loss of muscle mass associated with reductions in muscle power, strength, and physical function (Delmonico, Lofgren, 2010). Not only do these things occur, but also the resting metabolism decreases about 0.05 percent every year after the age of 30 (Collins, 2009). Weight training provides a logical solution that can help slow down this process. For every pound of muscle, about 30-50 calories are burned throughout the day. This is useful information because it lets the individual know that the more muscle one has the more calories they will be burning at rest. On the opposite end, the more fat one has the less calories they will burn since a pound of fat only burns about 3 calories per day (Collins, 2009). Women need to create a sensible plan that works for them if they want to see results that includes a strength training program, aerobic exercise, and a proper nutritious diet.
Engaging in a resistance program is also effective for women based on the fact that it is known as an anti-aging remedy. Women are the first to always try new products such as, creams and moisturizers to help them with anti-aging effects. Weight training will become very useful to them if they learn that this is one of the benefits that it provides. As discussed earlier, there is a gradual decline in muscles strength and mass as one ages, which may lead to a deteriorated quality of life, chronic pains and aches, and difficulty performing everyday activities. Through practice and research it has been proven that a moderately intense strength training program performed two-three days per week can delay or even reverse physical signs of ageing. The good news is that it is never too late to start the process. Strength and muscle mass can increase in individual’s into their eighties. This demonstrates the long-lasting effect strength training can provide.

Aerobic training and resistance training have very different outcomes and benefits. The difference between the two is that aerobic exercise burns calories and fat during the exercise being performed, whereas strength training, also known as anaerobic training, utilizes fat hours after training is complete. After strength training an individual’s metabolic rate is increased for up to 48 hours after the exercise being performed. By restoring the muscle tissue women are less likely to develop conditions such as sarcopenia or osteoporosis (Collins, 2014). By strengthening the muscles and joints women will be less likely to suffer back pain and poor posture and will become more resilient to injury. It is also very beneficial for women who are pregnant since it can help women prepare for childbirth and help them get back to their prepregnancy weight.

Another way strength training proves to be very effective and efficient for women is that the workout does not need to be long or performed on an everyday basis. To get the best results it should be performed about three days a week between 15- 45 minutes as long as it is an effective routine (Lofgren, 2015). It has also been proven that weight training has similar effects on cholesterol and blood pressure as aerobic training, so it is unnecessary to be on the treadmill or elliptical for hours a week. In addition it has been shown to improve overall fitness and mood without taking into account aerobic training. Women are less likely to experience anxiety and have a better overall mental health when they incorporate resistance training into their lives. Nonetheless, women are more prone than men to develop bone and joint issues as they age. The muscle tells the bone where to go, and as women increase their muscular strength they will improve their joints as well as their posture, making them less prone to injuries, aches, and pains (Glover, 2015).

Not only does resistance training improve muscle strength and build muscle tissue, however it is also useful for improving endurance. In fact, it is the fastest way of improving muscular strength and endurance (Williamson, 2007). This increase in endurance and muscle strength allows one to perform everyday responsibilities for longer periods of time and with less effort. Many changes that occur in the muscle tissue with age can lead to certain conditions or diseases which are many times caused by disuse of the muscle. Weight training is a functional way of preventing this from happening by pushing the muscles to work on a regular basis and improves its capacity to do work. It is important because it has the ability to improve balance, coordination, circulation, ligament, and bone strength. Women do not need to have the fear that weight training will cause them to grow huge muscles because of the lack of testosterone found in women. Improvements are mostly seen in endurance, strength, and muscle tone.
and to a low degree in size. As the muscles become more toned, the body starts to lose fat tissue, and becomes more firm (Williamson, 2007).

Weight training is important for women to consider incorporating into their daily routines because it provides the body with many benefits such as maintaining a healthy body weight, toning and shaping muscles, and enhancing heart and lung function. An individual burns calories when lifting weights and is engaged in movement when lifting weights. Both of these help forestall cardiovascular disease and help the individual move better with less chance of joint problems or strains (Glover, 2015). It is shown that individuals who only perform aerobic exercise are not as successful at losing weight and keeping it off as ones who combine it with strength training. Performing aerobic exercise alone does not have the capability of adding a shapelier and defined look as it does as combining it with weight training. Toning up the muscle allows the person to have the “lean” look (Lorryane, 2015).

Overall, it is very important for women to weight train due to the above concepts and improved vitality of life. Weight training can offset many physical ailments, conditions, and diseases while also preventing injuries, aches, and pains. One’s longevity of life can be significantly enhanced by incorporating some sort of resistance training into daily activity. Women need to overcome their fears about weight training even though it was an area once dominated by men. The era of this has shifted and has become more accepting of women who weight train and it has started to receive more praise as more women incorporate this into their lives. Weight training is important for women based on the facts that it prevents a decrease in muscle mass associated with ageing, it increases metabolic rate, and aids in weight loss.
Works Cited


Why women avoid weight training - and how coaches can change their minds

Weight training women: Female athletes are less likely to perceive weight training as a beneficial activity. Coaches and athletes need to be aware of the benefits of weight training for women as well as the social/cultural barriers that may discourage women from participating in weight training. This article will begin to address these issues as well as offering practical advice on training.

In a three-year longitudinal study, 20 US college-level gymnasts were tracked as they worked through a periodised resistance training programme. Professor Terry has a BSc in Applied Biology from Imperial College London. His MSc and PhD are both in Postharvest Biology from Cranfield. He has supervised over 25 PhD students to completion and has published over 150 peer-reviewed publications and two patents in postharvest science. Current activities. Professor Terry is a member of Cranfield University’s Senior Management Team and leads research and teaching in Environment and Agrifood at the University with line management over four institutes consisting of 100 staff and cohorts of 70 PhD and 100 MSc students. He is also head of the Plant...