

## NEWS

email us: news@theecho.com.au

How sensible, regular sessions can benefit women's health

# Lifting veil on weights

INCORPORATING weight training into your routine will give you better results than cardiovascular exercise alone.

There are many health benefits of weight training for women, which I have pointed out in my program below.

It is the key to losing fat, increasing strength and defining body shape.

But many women shy away from weights. Let's look at why that might be.

**MYTH 1:** *Weight training will make me look like Arnold Schwarzenegger – big and bulky.*

**FACT:** Women are different to men. We are not designed to build size like men.

Women don't naturally produce as much testosterone (a hormone that increases muscle mass) as men. Even if we had countless hours to spend lifting heavy weights and eating adequate food for our body weight we would not develop like men.

With a good nutrition program and cardiovascular exercise you will develop a firm and fit body.

**MYTH 2:** *I need to spend hours at the gym doing weights.*

**FACT:** A 30-minute weight training session can give you maximum results.

## DI FIT

with  
Diana Robertson



Weight training using maximum effort will have you in and out of the gym in less than an hour. Always ensure your form is correct and complete adequate repetitions with a challenging weight. Increase your weight when the last few repetitions start to feel comfortable.

**MYTH 3:** *Women should do only light weights.*

**FACT:** Muscles respond to resistance and the resistance needs to be heavy enough for the body to change. Training only with light weights will not change your body composition and do little to tone your body.

**YOUR program for Week Five** involves a modified workout. I have added variety to both run and resistance workouts, changing the times and types of exercises. You are progressing to an increased level of fitness and your routine has been adjusted to keep you challenged. Well done.

For more information on workouts and locations, visit [www.di-fit.com.au](http://www.di-fit.com.au).



**Weight for it:**  
Weights training is an important part of the fitness regimen for women.

## THE PROGRAM

DIANA from Di-Fit has teamed with the *Echo* to provide this spring fitness training program for readers.

Di, a fitness trainer and mother of two, is conducting the 12-week program and adjusting the regime each week along with plenty of valuable health and fitness tips.

Those keen to add group training to the program can join Di and others in a Saturday morning Di-Fit outdoor training session each week in Torquay.

The cost is \$10 a person, and Di-Fit donates 10 per cent of profits to breast cancer research.

**To register, phone Di on 0419 322 243 or email [di@di-fit.com.au](mailto:di@di-fit.com.au).**

## TERMINOLOGY

**RUN** means cardiovascular exercise that raises your pulse (aerobic exercises). The benefits of running are that your heart pumps blood more efficiently and will beat at a slower rate when resting. Your lungs will become more efficient at delivering oxygen. Endorphins will be released making you feel fitter and happier.

**RESISTANCE** means body weight and weight-resistant exercises (anaerobic exercises). They will thicken your heart's walls and make it stronger. They increase your bone density, building stronger muscles and connective tissues and increasing joint stability.

They increase your calorie expenditure. Ultimately, they give you strength, tone and shape.

**REST** means a day off training. It's important for recovery and repair. Rest helps lean muscles grow.

**RECOVERY** means an active recovery. Do any activity you enjoy – perhaps tennis, chasey with your kids, golf, cycling or swimming.

