

FIT NUTRITION

Benefits of Strength Training for Women:

- Increase bone density
- Helps prevent osteoporosis and osteopenia
- Increase physical strength
- Promotes increase of lean mass
- Added muscle keeps your metabolism running high
- Decrease your risk of injury
- Increase your overall athletic performance
- Helps with postural issues, as well as pelvic floor and incontinence issues that many women experience at all ages
- Helps to improve insulin sensitivity
- Keeps blood pressure in a healthy range
- Critical for sustaining fat loss
- Build the body you want – makes you look firmer, tighter, and more shapely
- Boosts self-confidence and self-image that carries over into everyday life
- Helps you look good naked!!