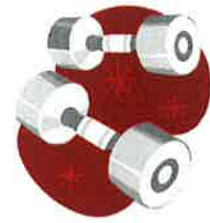


Commit to be Fit!



10 reasons why YOU should be lifting weights

1. **Lose Fat.** Each pound of muscle you gain burns up to 50 more calories a day. Therefore increasing your metabolism.
2. **Increase Strength.** Strength training makes everyday activities a piece of cake, such as lifting boxes, shoveling snow, caring groceries or carrying a toddler.
3. **I don't want big muscle.** Yes, I'm talking to *WOMEN ONLY!* Research shows that women typically don't have as much testosterone as men. *MEN* have 10-30 times more than women.
4. **Healthy Bones.** Research shows that weight training can improve your bone density within the first 6 months. This becomes crucial as we age to prevent developing Osteoporosis.
5. **Improve Performance.** Hitting the weights on a regular basis can improve your overall performance when doing your cardio or your favorite sport. Also, you'll reduce your risk of injuries.
6. **Keep Yourself Healthy.** Did you know that strength training increases joint stability by strengthening ligaments and tendons? Well, it does.
7. **Prevent Type 2 Diabetes.** Even improve it. Research has shown that regular weight training can improve glucose utilization (the way our body processes sugar) in the body. It may reduce the risk of Type 2 Diabetes.
8. **Strengthen your Heart.** Weight training can keep your heart healthy by increasing your good (HDL) cholesterol and lowering both your bad (LDL) cholesterol and blood pressure.
9. **Keeps you Happy.** Working out with weights has been shown to improve your self confidence and reduce symptoms of depression.
10. **Age is irrelevant.** It doesn't matter how old you are; strength improvements are possible at any age, even 80 years old.

P.S. Having good form is essential to keeping injuries to a minimum. This will also work the muscle to its maximum, for optimum results.