

# *Personal Training by Robert J. Bovee*

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Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS,SSCS, MES,  
E/FT, PSCS, PRCS

## **WEIGHT TRAINING FOR WOMEN**

Researchers over the past years have been gathering evidence about the long term benefits of both aerobic and resistance training among women. The old saying "use it or lose it", says it all. An inactive or sedentary individual actually is accelerating their biological aging. Healthy muscles lose their strength from disuse and create weaknesses that restrict mobility. Researchers have discovered that clinical problems which develop in women as they age are related more to muscular weakness than to lack of aerobic fitness. Joining a health club and beginning a weight training program is a great way to combat this loss of muscle. However, proper supervision and technique are essential. The average health club member has no supervision and tends to work the upper body more than the lower body. Of course, this is not the case with our facilities. We design and monitor perfectly balanced exercise programs that target muscle groups of the lower body, such as knee and hip flexors and extensors, as well as the upper body. Once these become stronger, mobility becomes easier and safer.

Not only does the muscle start to weaken, but so does the bone matter. A decline in the mineral content of bone tissue, mostly calcium, leaves bones weaker, less dense, and more brittle. Women over age **35** lose bone mass at the rate of about **1%** a year and this rate is accelerated after menopause. This condition, known as osteoporosis, can afflict men but it is more prevalent among women and the results can be life threatening broken bones. Studies have shown that weight bearing exercise done on a regular basis helps to improve bone density and make bones stronger, offsetting the affects of osteoporosis.

Other improvements come in different areas. A positive self-esteem is one result of working out, basically you just feel good about yourself for doing something good for yourself. Socially, there are many new people to meet within the club or you can bring a long time friend to get healthy with you. What ever your reason, just get to work on the healthier, happier you.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.