

G I L E A N NEWS

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Cardio Training VS Weight Training

MYTH: If women lift weights, they get 'bulky'.

FACT: Resistance training helps women create lean, toned bodies.

WEIGHT TRAINING

Weight training is of more importance than cardiovascular (aerobic) work as it increases ones muscle density. Muscle requires more calories for operation, thus lifting weights transforms the body into a more effective, 24 hour calorie burning machine, enhancing your ability to both process foods and mobilize stored fat. More lean muscle equals less fat!

Why is muscle so important?

- It is the driving force behind your metabolism.
- Muscle is an active tissue that is constantly renewing itself, therefore requiring energy(calories).
- The primary source of energy for muscle is fat.
- Muscle gives shape to your body. The more muscle you have, the more fat you burn and the more calories you burn. If you have a certain amount of muscle on your body you can eat a reasonable diet without gaining weight. This is called a good metabolism. A good metabolism doesn't happen by accident, it is affected by your life choices.

MUSCLE BURNS FAT!

Facts on muscle:

- As you age you lose muscle. "If you don't use it, you lose it."
- Pregnancy also accelerates your muscle loss. The amount of protein your baby needs to develop requires stealing protein (muscle) from you!
- Dieting and aerobic exercise without strength training causes muscle loss.
- Weight training re-builds your lost muscle.
- Women who weight train won't increase their muscle size substantially, just their muscle density and strength. So forget about the fear of "bulking up."

Women tend to focus more on spending numerous hours a week performing cardio activities and in the process neglect the two key fundamentals of weight loss, weight training and diet.

The Fitness Pyramid highlights the importance of weight loss, weight training and diet. The three primary elements within the Fitness Pyramid are:

Diet

This appears at the base of the pyramid because of its foundational importance to the whole of fitness. Diet must be your main focus in order for you to achieve your results. The age old sayings "you are what you eat" and "what you put in your mouth, is what you get out" are so true!

Weight Training

This is placed in the centre and is an activity that provides the necessary stress for muscular changes to occur. Weight training is of more importance than cardiovascular (aerobic) work as it increases ones muscle density. Muscle requires more calories for operation, thus lifting weights transforms the body into a more effective, 24 hour calorie burning machine, enhancing your ability to both process foods and mobilize stored fat. More muscle equals less fat!

Cardio Training

This is on the very top of the pyramid, it is great for improving heart health and endurance, but considered the least important in weight loss as it only burns calories and fat during, and for a very short time after the activity.

The Truth about Weight Training and Cardio

Far too much focus has been placed on cardio training in the past and not enough importance placed on weight training. Most women don't understand that weight training is best when it comes to shaping their body, into the body they have always wanted and dreamt of. It really is great to see more and more ladies finding their way into the once male dominated weight training section in the gym, yet it is frustrating that many of them are still not getting the most out of their training. It's unfortunate, that to this day so many women shy away from lifting weights in the fear of developing large masculine looking bodies.

You won't become masculine if you train with weights, for a simple reason, you don't naturally have the hormonal and genetic make up to put on the amount of muscle that men can. It is the male sex hormone, testosterone that is responsible for this muscle (growth). In fact estrogen, the female sex hormone fights against testosterone.

There are many benefits to lifting weights. The main reason being, that using weights places stress on your muscle tissue, which in turn, causes your body to burn more calories in the recovery process when repairing the damaged tissue. This is why weight training is so beneficial for fat loss, as you are continuously burning calories.

Women who include weight training into their workout will increase their muscle tissue. This means that when you step onto the scale, you may note an increase in your overall "weight." This is due to the fact that muscle tissue weighs more than fat. As you increase your muscle tissue, your "weight" may actually increase. (Muscle "thermogenic" means that it will help burn fat.) The increase in your weight is due to an increase in muscle tissue not fat. An increase in muscle tissue means that you will have an increase in your resting metabolism, which ultimately means you will be burning more calories at rest!

Cardio training certainly burns fat, but unfortunately, it also burns off lean muscle tissue that you have worked so hard to achieve. As a result of you burning lean muscle tissue, your metabolism will unfortunately slow down.

Above everything else, nutrition plays the most important role when trying to achieve fitness related goals!



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Specifically designed for a woman's body.
Whether your goal is to lose weight or build lean muscle tone and enhance your physique, choose a product from the G.I. Lean Fitness Nutrition range to suit your lifestyle.

Tip for the month!

Keys to building fat burning lean muscle

1. Weight training
2. Nutritious eating
3. Supplementing with the correct products
4. Consistency in all three of the above

"Nothing great was ever achieved without dedication and enthusiasm."

Ralph Waldo Emerson

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