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Weight training is the easiest and fastest way to improve your female shape! You can gain strength, while getting a lean and toned body. Cardiovascular activities such as bicycling, walking, swimming, and aerobic dance are wonderful ways to burn calories, but they can not compare to the benefits of weight training.

If you continually stick to a weight training program you will begin to see results with in two weeks. Your scale may not show it, but your clothes will be fitting better, and your mirror will be showing it. Muscle weighs more than fat but as your abdominal muscles get stronger, your stomach gets flatter, and as you leg and gluteus muscles get stronger your pants will get looser.

Diet

"The more muscle you have, the more fat you burn!" Quick weight loss from dieting can cause a quick loss in muscle tissue. This is not the best way to receive the best proportions. Since women have less muscle mass then men, extreme dieting is more damaging to the female physique then to the males.

When you cut back a lot on food intake, it deprives the female body of energy, and the body usually becomes weak. A loss of two pounds or more per week this way means you are loosing muscle mass as you are loosing fat. **However, with weight training and moderate dietary changes you can receive the best results for an attractive body.**

Bone Structure

Because of a woman's ability to facilitate childbirth the female's pelvic girdle or hips are usually proportionately wider then the males yet women's knees are the same distance apart as the males. Therefore there is a greater angle of stress on the knee and women are more prone to injury. You may reduce this risk by starting off slowly, and slowly increasing weight and resistance.

Physiologically

Cardiovascular training is positive for both men and women, and supplies the same benefits to each. In muscular training, however, there is a big difference-primarily due to hormonal influence. The dominant male hormone is testosterone while the dominant female hormone is estrogen.

Testosterone can be very helpful when weight training to see positive results such as increased muscle mass. Females do secrete small amounts of testosterone, but seldom experience drastic muscular development from training, yet can create a lean and toned physique.

Unless a female has very high testosterone levels or is taking anabolic steroids, it would be very difficult for her to gain masculine looking muscles. Women may though increase strength, and muscle tone and improve their endurance.

Body Fat

Women naturally have a higher percentage of body fat than men. Women usually have an average body fat percentage of 18-24% while men usually have on average about 14-18%. Exercise can reduce body fat for both sexes.

Menstruation

Some women who combine heavy weight training, dieting, and stress sometimes go into a state of amenorrhea or quit menstruating. Recent studies show that this combination of things can cause this, but the evidence is not clear. It appears to not cause any major physiological problems. If a woman wants to regain menstruation, she would need to cut back on training, and increase her body fat above 10%.

Pregnancy

Women who are physically fit are said to have fewer problems with pregnancy, and labor. Exercise during pregnancy will produce better muscle tone, and cardiovascular response, which will help when trying to lose your pregnancy weight. It is best to be fit before getting pregnant and not just begin a high intensity workout once you become pregnant.

During pregnancy women should refrain from pushing to extreme exertion, and doing high impact exercises. If a pregnant woman feels faint she should immediately STOP. A woman's level of training should decrease as she gets farther along in her pregnancy. If you are pregnant or considering having a child you should consult with your physician on your exercise routine.



In the last two decades women have made great strides in improving and caring for their bodies. The interest of staying fit has grown much more popular in the past decade, and women athletes are faster and stronger than ever. Yet there still seems to be a lack of women who understand the truth about achieving a fantastic body.

So many women today are still trying to achieve the Hollywood look (i.e. Ally McBeal, Tori Spelling, Jennifer Aniston or Christina Aguilera), not understanding that the anorexic look is not attractive to men and is definitely not healthy. Most women today do not understand the importance of having lean muscle mass and are too scared of developing large, bulky muscles that would make them look manly.

4 Steps To Get A Great Body

1. Eat A High Protein Moderate Carb And Low Fat Diet

In the early 1980's there was a major diet movement which consisted of many doctors and professionals advising people to consume a lot of carbohydrates and a low amount of fat to help fat loss. The diets consisted of eating lots of low fat pastas, cereals, and vegetables and small amounts of meat, protein, and fat.

Yet Americans in the 1980's were the fattest that they had ever been with the obesity percentage being very high. In fact, it's continued to rise during the 1990's. So, what was the problem? The high-carbohydrate/low-fat diet just does not work. The truth is a high-protein/moderate-carbohydrate diet is the most effective for controlling weight problems.

It also aids in controlling diabetes, and heart disease. For some reason many women do not eat an adequate amount of protein. This can really be very detrimental to someone who is trying to lose weight because of the importance of protein. Amino acids and protein are the building blocks to the entire body, and a complete source of protein is necessary to help in burning excess calories and fat.

2. Perform Aerobic Activity About 3-4 Times A Week

Aerobic activity is also important to keeping you in good shape and achieving that physically fit body. Aerobic activity helps with the cardiovascular system, keeping the lungs and heart in good condition. This helps you shed off those extra pounds and lower your dress size.

There are many different types of cardio exercise that you can do, these include: walking, running, stair climbing, aerobic classes, swimming, and bicycling. I personally recommend group classes, which can add great variety to your workout regime and keep you coming consistently.

Get a workout partner! There will be some days when you do not want to exercise and there will be days that she/he doesn't, but you can push each other, hold each other accountable and keep each other going.

3. Do A Well Balanced Weight Routine On A Regular Basis

There are many different theories on weight training. Do you want to do a program that consists of lifting lightweight numerous repetitions or a heavy weight with fewer repetitions? This is purely up to you.

Studies have shown though that if you are trying to increase muscle mass and gain strength then a little heavier weight may be beneficial. Or are you more interested in losing body fat while toning up? Then you may want to go with the lighter weight repeating the set more times.

This helps you to lose more body fat. Both methods can be beneficial and a mixture of the two would probably help the most. Cycle your workouts! Try something for 4-6 weeks and then try something new, you don't want your workouts to become boring and drab. Be sure to lift weights at least three times weekly for a minimum of a half an hour each setting.

4. Take Supplements That Will Help Aid In Losing Fat And Increasing Lean Muscle Mass

There are many great supplements out there that are totally safe for women to take. Some that come highly recommend for fat loss are Access Bars or Shakes (Melaleuca the Wellness Company), Hydroxycut, and Nutrex Lipo 6. These stimulant supplements will help you shed the fat off quickly.

You may also try Creatine. Believe it or not it is great for females, and does not cause you to bulk up. It helps you to gain lean muscle mass by providing more ATP energy and aids in recovery.

If you are not getting your daily dosage of protein, don't forget to stock up on shakes and bars. You may also want to consider taking a multivitamin, glutamine and an antioxidant which can be helpful to your muscle recovery and health in general.