Tip of the Month

August 2009

Myths Exposed

by Eric Appiah, Asst. Director of Fitness & Wellness and Personal Trainer at Mort Harris Recreation & Fitness Center

Myth: Women will get big muscles if they lift weights.

Reality: It is difficult for women to develop large, bulky muscles because they do not produce as much testosterone as men. Lifting weights will help increase metabolism, which in turn will help burn more calories. You'll be lean and toned... Not bulky! Get with your coach to set up a one-on-one with a personal trainer at the Mort Harris recreation and fitness center to boost your metabolism.