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## ***Strength Training For Women?***

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***The answer is a resounding YES!***

The research is indisputably in favor of women participating in a well-rounded strength training program. Besides the obvious cosmetic benefits, strength training also provides the necessary stimulus to promote long term health benefits including:

- Increased bone mineral density and prevention of osteoporosis
- Reduced levels of bad cholesterol (LDL's) and increased levels of good cholesterol (HDL's)
- Decreased incidence of obesity
- Increased overall strength and improved musculoskeletal function
- Decreased incidence of adult onset diabetes
- Heightened athletic ability
- Improved mental outlook and self confidence

So, as you can see, the benefits go far beyond losing weight and toning up. I always say to our personal training client's, "If you don't have your health you have nothing!" When you look at the fact that there are 168 hours in a week and all you have to do is devote three of those 168 hours to moderate intensity exercise to profoundly impact your life, it is hard to argue against it. Most of the time all it takes is to make the first step. If you are not currently involved in a regular exercise program you CAN make the time. You CAN put forth the effort. You CAN be healthier. You CAN change your life. It's like almost every other thing we do in life, you get out of it what you put into it. It's largely up to you!

If you are interested in getting started with an exercise program, but are not sure where to begin or if you would like to overhaul what you are currently doing, Elite Health & Fitness Training is here to help. If you would like more information about our services just give us a call at (856) 216-0044 or email us at [CustomerService@EliteFit.com](mailto:CustomerService@EliteFit.com), and we will be happy to tell you about all of our personal fitness training and nutritional services.

Call or Email Today to Schedule Your  
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Check out our website at  
[www.EliteFit.com](http://www.EliteFit.com)

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