

By Rico Connor

## WOMEN AND WEIGHT TRAINING

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Studies on both men and women have shown, by just dieting, or dieting with aerobics only, weight is lost but includes muscle and bone mass and a little fat. People dieting and strength training not only didn't lose muscle or bone mass, but gained some and lost more body fat than the dieting only and the dieting/aerobics people. For any weight loss program to be successful and healthy, strength training must be included.

Your goal should be to look and feel good, not to be a certain weight. If you adapt proper nutrition and exercise habits, your body will find its ideal weight.

**Myth:** Weight training will bulk women up.  
**Fact:** It is just about the opposite! Weight training (combined with a nutritious diet) is the best way for women to look leaner, more sculpted and toned.

More women than ever are participating in weight training regimens. The knowledgeable women understand that lean muscle burns fat. Muscle is the body's most efficient calorie burner. That's a beautiful thing—naturally burning fat as you build muscle.

I have found many women neurotically worry about their weight. Ladies, stop worrying about what you weigh and worry about how you look. You may find, after three months of following my program, you may weigh the same or more than when you started, but look 100 percent better. Take two ladies, each weighing 120 pounds. One is 10 percent body fat, the other 30 per-

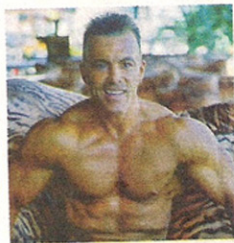
cent body fat. They both weigh the same but look entirely different. Be more concerned about your percentage of muscle to fat. Have you heard this excuse from women? "I don't want to look muscular." Don't worry, ladies! How many men do you know who spend hours and hours in a gym lifting weights year after year, trying to get muscular? No one is going to wake up one morning and be "freaky" muscular big. Developing muscles is a gradual process. The average human body can only gain (naturally) about a pound or so of lean muscle per month. It doesn't happen overnight, or even in a month or two.

After age 35, women start losing muscle mass and bone mass each year. After menopause, women lose even more bone mass. If nothing is

done to counteract this, they are at risk of osteoporosis and bone fractures. Once again, the best way to counteract these particular effects of aging is strength training (combined with a proper diet and supplementation).

Women in this age group who participated in a regular strength training study gained bone mass and bone density, muscle mass, and became stronger and more active (more energy). It was also found, that strength training elevated their moods and fought depression.

### ABOUT RICO CONNOR



Rico Connor is 51-years old and has been training for over 25 years. He is the 2002 Nevada State Bodybuilding Championship Master winner. In addition to writing for *Fun & Fit*, he has been published in *Muscle & Fitness* and *FLEX* and is working on his first book, "Total Health for Life: Mind & Body."

Rico is interviewing for 4 highly motivated people (two males/two females) between the ages of 30 and 50 who want to transform themselves and achieve optimum health through his Total Health Program. It will require total dedication and discipline, along with fees for hands on training, supplements that must be purchased and diet and nutrition and mind-body connection expertise.

Serious participants can email Rico at [vryhthly1@aol.com](mailto:vryhthly1@aol.com) and give gender, age, height, weight, current health routine (if any), meals eaten per day, work schedule (days and hours) and attach a full body recent picture along with why you feel you should be chosen.