



Get Stronger, Get Leaner

Want to look slimmer, tighter, and more toned all over? Not worry about any lumps or bumps peeking out in that T-shirt or sexy dress? Then it's time to focus on strength training!

A Better-Looking Body—With Benefits!

If you're already strength training (also called resistance training), you've already experienced the benefits firsthand. If you haven't started yet, or you want to liven up your strength routine, read on to get the most out of this shape-shifting essential for body transformation.

Take your muscle tee or that strappy tank out of the closet—you'll be wearing them very soon! You may be thinking: "Ugh, weight lifting is so boring" or (if you're a woman) "I don't want to bulk up!" Well, we're here to tell you that strength training will not only help you build lean muscle mass—emphasis on *lean* ladies, we promise you won't get huge—but it actually boosts your body's fat burning capabilities. Plus, you'll feel healthier, more energetic, and happier!

While cardio (aerobic exercise) is great for burning calories, the quickest way to maximize weight loss and health perks is to do both cardio *and* strength training. Flex those muscles and you'll:

1 Lose more body fat.

When you drop pounds, you lose both muscle and fat. But lean muscle is a calorie furnace—your body burns a lot of calories (including fat calories!) to maintain it. Tack strength training onto your cardio-plus-calorie reduction routine, and you'll ensure that a higher percentage of your weight loss is fat, preserving more of your precious, fat-torching muscle.

2 Boost your metabolism during maintenance.

Once you've hit your goal weight and you're looking to maintain your results, it's a fantastic time to build **additional** muscle. Strength training can help you look "cut" while you also enjoy a small spike in your metabolic rate—the speed at which you burn calories. Just what you need to keep off that hard-earned weight loss!

3 Combat "deep" belly fat.

This toxic fat (also known as "visceral" or "abdominal" fat) lodges around your liver, pancreas and other organs and is linked to heart disease, cancer and type 2 diabetes. While aerobic exercise appears to be the best at blasting it (as well as the subcutaneous fat that lies right beneath the skin), strength training also lends a hand. And listen up, ladies! Deep belly fat can increase during and after menopause, but strength training is one of the best ways to attack that hard-to-budge fat.

4 Battle lower back pain.

Up to 80% of us will experience back pain at some point in our lifetime. Don't let it be you! Lifting weights improves—and helps prevent—low back pain by strengthening core muscles and stabilizing the spine.

5 Fights depression.

Cardio is a well-known remedy to help beat the blues, but research shows that strength training does as well.

6 Cut your risk of major chronic diseases in all sorts of ways.

There are many life-saving reasons to strength train: Pumping iron lowers LDL ("bad") cholesterol (the type associated with heart disease), and improves blood sugar by making muscles more sensitive to insulin, thus helping to protect you from type 2 diabetes. It also helps suppress chronic inflammation, a trigger for heart disease, cancer, type 2 diabetes and other chronic diseases.

The Many Ways to Get Stronger

You can choose from many ways to strength train. Which one works best, you ask? The method that you enjoy most and will stick with! Some options:

- Real Moves Strength DVDs
- Free weights: (dumbbells, kettlebells, barbells)
- Resistance bands
- Strength training machines (found at the gym)
- Pilates on the reformer
- Your own body weight (push-ups, plank, squats, power yoga moves)



Strength-Training Myths:

BUSTED!

MYTH

"It's best to work one muscle group a day."

Truth: Unless you're a body builder who needs to spend long hours working just one muscle group, you can—and *should*—work more than one muscle group a day. Otherwise, with six major muscle groups, you'd have to strength train six days a week! If you've been doing the Real Strength workouts, you've been using "Real Smart Training," based on the concept of "compound" moves. Compound exercises are full body moves that help you recruit more muscles per movement—like a squat with a shoulder press or a lunge with a bicep curl—with short periods of rest in between. Targeting multiple muscle groups in every move helps you maximize the effectiveness of your workout and also helps boost your "after burn" effect (the calories you burn even after you've finished working out). So, we're definitely busting this myth to maximize your results!

One rule that applies no matter what: Be sure to leave 24 to 48 hours before you train the same muscle again. That way, muscles can properly recover and repair—which is when they get stronger!

MYTH

"Resistance Training is bad for my joints."

Truth: Au contraire! Resistance training helps prevent and *treat* joint problems. For example, if you're one of the 50 million Americans with osteoarthritis of the knees, strengthening the legs can reduce pain, make it easier to walk and go up stairs, and can even reverse your disability.

Of course, you have to tailor your workout to *your* joints. If you have joint pain in any part of your body, "babying" that area by using lighter weights, limiting the range of motion, and maybe even doing fewer reps or sets of the exercise will help you feel stronger and pain free while exercising. The best part? Consistent exercise can help you increase your strength and range of motion, reducing pain and improving your mobility and function. (Important note: If you have osteoporosis or another severe bone or joint disorder, be sure to consult a physical therapist or other expert about what types of exercises are safe for you.)



MYTH

"I'm too old for strength training."

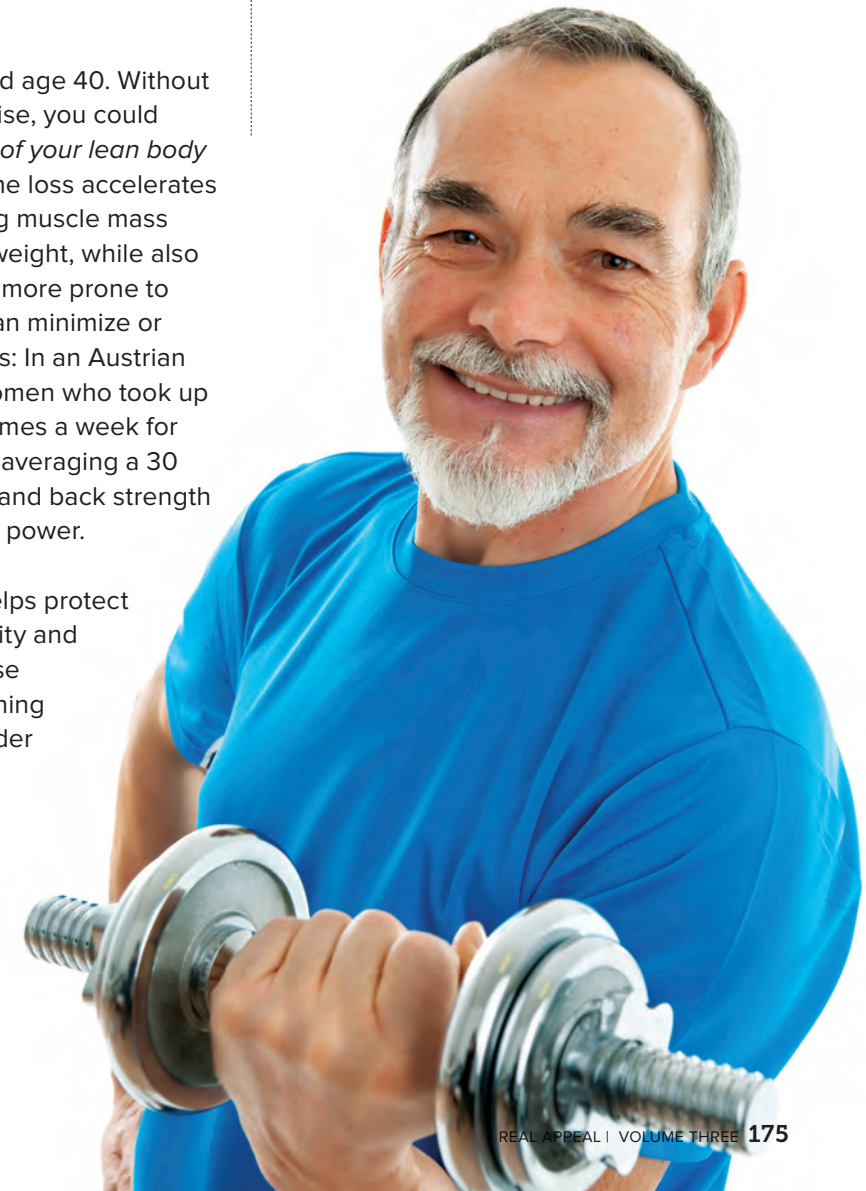
Truth: It's truly *never* too late to start: One study found that even among people who were an average of 85 years old and suffering from dementia, those who added two strength training sessions and two walking sessions a week improved their mental and physical function more than those who added four walking sessions a week.

Muscle loss starts around age 40. Without regular resistance exercise, you could lose *up to eight percent of your lean body mass per decade*, and the loss accelerates around age 70. Shrinking muscle mass makes it harder to lose weight, while also making you weaker and more prone to falls. Strength training can minimize or even reverse muscle loss: In an Austrian study, older men and women who took up strength training three times a week for six months built muscle, averaging a 30 percent increase in arm and back strength and 15 percent more leg power.

Strength training also helps protect you from low bone density and the bone thinning disease osteoporosis. Bone thinning is so common among older people that current data

suggests up to 1 in 2 women will have an osteoporosis-related fracture in their lifetime, and up to 1 in 5 men. Strength training helps slow bone loss and can even boost bone density by putting pressure on bones, which stimulates bone cells to grow.

Start strength training now, and you'll reap benefits for decades to come!



MYTH

"You have to lift heavy weights to see results."

Truth: You don't want to be that guy at the gym lifting the gigantic barbells, grunting with bulging veins popping? We don't blame you *one bit*. Thankfully, that's not what this program is—at all. Instead, you'll choose the resistance band or weight (dumbbells, machine, or body weight) with which you can complete 10 to 12 repetitions before the exercise becomes too difficult to complete with proper form/technique. Do two or three sets of 10 to 12 reps for a few weeks or so until that level of weight or resistance gets too easy, then take it up a few pounds.

Alternately, you could start with even lighter weights, ones that allow you to do 15 to 25 reps initially, and move up from there. That technique will improve your muscle endurance, so that you can carry that grocery bag, baby or suitcase for longer!

**MYTH**

"Lifting weights increases your blood pressure."

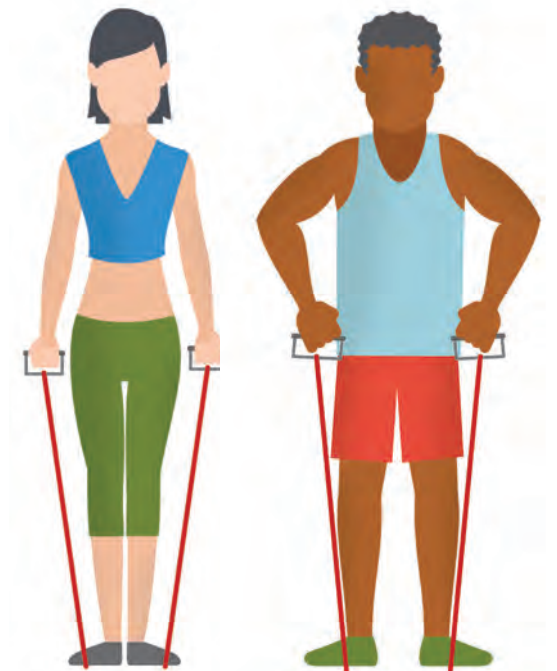
Truth: You've likely heard that high blood pressure is a major cause of heart attack and stroke, so we should all strive to get our blood pressure down to a normal range. That's just what strength training can help you do—like aerobic exercise, it lowers blood pressure in folks with both normal and high blood pressure. The American Heart Association specifically recommends strength training at least twice weekly.

However, there is a kernel of truth to this myth: Blood pressure can rise *during* a bout of weight resistance exercise. For most people, this momentary increase isn't a problem. Making sure you breathe (i.e., don't hold your breath during your effort) can help mitigate this, so your blood pressure falls right after you've completed the move.

**MYTH**

"Men and women should train differently."

Truth: Naw... what's good for a guy is good for a gal. We can do all the same moves, and our hormones ensure that women won't bulk up like guys do. So, if you're a man, you can look "tight and toned" and if you're a woman, you can look "sexy and shapely," both with the help of a great strength-training program!





***I will
strength train*** 



Commitment Contract

Strength training builds lean body mass, which not only aids in fat loss, weight loss, and maintenance, but also helps improve overall mental and physical health and guards against a number of age-related chronic conditions.

If you're currently not strength training:

- I will give strength training a try, either by using the Real Moves strength DVDs or scheduling a session with a personal trainer to develop a safe and effective routine.

If you are strength training:

- I will continue to challenge myself by increasing weight (or resistance) when the moves get too easy, and/or trying out new exercises.
- Meanwhile, I will continue my other healthy habits to the best of my ability.

My signature: _____