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Pump Iron to Fight Osteoporosis



Written by [Natasha](#)
on July 31, 2009
Filed under [Optimal Health & Wellness](#)

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I know that many of you out there, no matter what advice you are given, still believe that resistance training is not for women. You're afraid to 'bulk up', or to 'look like a man'. I'm here to tell you to stop worrying! It takes specific weight work to do either one of the two. Most importantly, the benefits of resistance fitness training for women are numerous. Preventing and treating osteoporosis being among the most important. Osteoporosis is a bone condition caused by loss of bone mineral (calcium and phosphate) and bone density in which bones are fragile and are more susceptible to breaking. The disease, commonly seen in elderly women, can make simple falls result in a broken hip or arm. Needless to say, the condition can take a huge toll on one's life.

Regular resistance training is essential in helping to prevent Osteoporosis. Exercise can reduce the risk of falls by strengthening your muscles, bones and improving your balance. Also, bone mineral density (BMD) will increase. Bones become thicker when having to continually lift heavy loads.

Be proactive, attack osteoporosis before it attacks you. The earlier you start regular exercise, you decrease your chances of developing the condition. For women already diagnosed, it isn't too late to fight! Resistance training can still give you much needed relief. Before beginning any exercise program, consult your physician.

Below are some osteoporosis prevention exercise tips:

- 1) Work with a trainer to help you develop a safe program
- 2) Avoid high impact exercises that will put too much stress on your bones
- 3) Always practice proper form to keep from getting injured

Resistance training will not only help you stand tall, you'll build great muscle definition to show off.

by: [Natasha Linton](#)

Natasha Linton is a New York City based fitness professional certified by the International Sports Sciences Association and holds several other certifications in health & fitness promotion.

Her individualized exercise programs guarantee results leading to high client satisfaction.

Natasha is also a contributing writer for *OnFitness Magazine*. She has written for the Oxygen Network, *Sugar & Spice Magazine* and was featured as the fitness expert for *Heart & Soul* magazine's Healthy You Challenge. Most recently, Natasha has written a chapter on weight loss entitled *Lose it for Real* in Dr. John Spencer Ellis' book *The Code: Your Access to Abundance and Fulfillment for Everything in Life*.

Natasha's philosophy for good physical and mental health is finding her clients' unique individual balance. One program does not fit everyone, she understands and respects the diversity that exists in all. Her approach to fitness is three pronged. First, one must pause, this means to literally stop for a second and think why it is important to get in shape. Next is planning, right away take out a calendar or a notebook and begin to fit exercise times in your daily schedule. And, lastly, execute! Get started, start small, walk as much as possible, and take the stairs. It is important to keep the momentum going. The sooner you start, the better your chances for success.

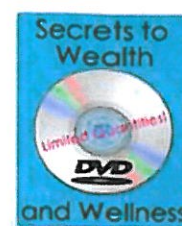
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