



TEN REASONS WOMEN SHOULD LIFT WEIGHTS

- ✓ YOU WILL BE PHYSICALLY STRONGER
- ✓ YOU WILL LOSE BODY FAT
- ✓ YOU WILL GAIN STRENGTH WITHOUT BULK
- ✓ YOU DECREASE YOUR RISK OF OSTEOPOROSIS
- ✓ YOU WILL IMPROVE YOUR OVERALL ATHLETIC PERFORMANCE
- ✓ YOU WILL REDUCE YOUR RISK OF INJURY, BACK PAIN, AND ARTHRITIS
- ✓ YOU WILL REDUCE YOUR RISK OF HEART DISEASE
- ✓ YOU WILL REDUCE YOUR RISK OF DIABETES
- ✓ IT IS NEVER TOO LATE TO BENEFIT
- ✓ YOU WILL IMPROVE YOUR ATTITUDE AND FIGHT DEPRESSION