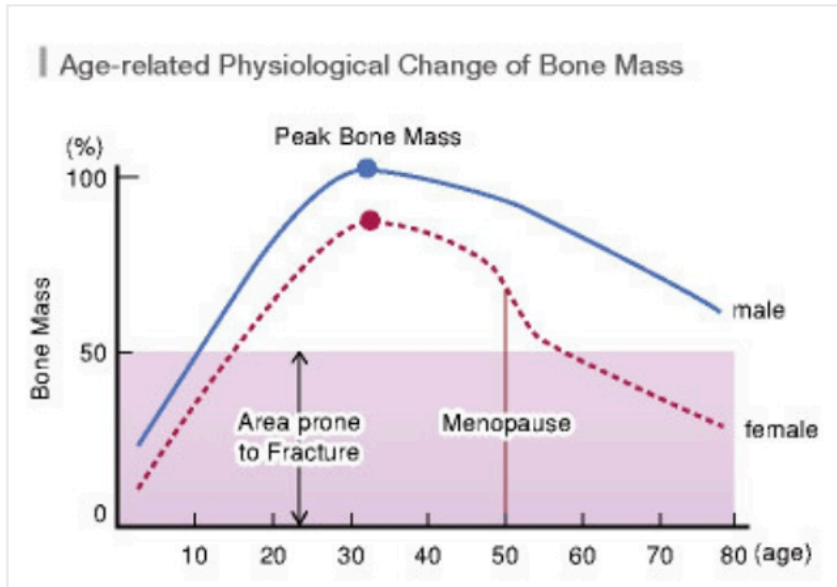


GUIDE: Women and Lifting

1. After age 30, we lose about 1% of bone density per year and 3-8% of muscle mass per decade. This age-related decline can lead to sarcopenia, osteoporosis, joint degeneration, and atrophy.



(This chart says it all)

2. Research shows an 80-year-old woman who regularly lifts weights is as strong as a 30 year old man who doesn't.
3. Women over 45 who engage in progressive resistance training at least 2-3 times per week reduce their overall fracture risk by 51% and vertebral fracture risk by 44% #NeverTooLate

10 Reasons Why Women Should Lift Weights

1. Women who lift reduce their osteoporosis and fracture risk by over 40%.
2. Every pound of muscle burns roughly 3x more calories at rest compared to fat!
3. Muscle tissue absorbs over 80% of glucose from your bloodstream, significantly boosting insulin sensitivity and reducing diabetes
4. Increased muscle mass releases anti-inflammatory proteins (myokines), lowering your risk of arthritis, heart disease, and autoimmune issues!
5. Postmenopausal women who participated in a year-long resistance training program experienced a 9% increase in spinal bone mass.
6. Strength training naturally increases growth hormone (HGH), balances estrogen, and lowers stress hormones (cortisol).

7. Women with higher muscle mass have a 35% lower risk of cognitive decline, dementia, and Alzheimer's.
8. Women with strong muscle mass are 50% less likely to experience premature death due to chronic diseases.
9. Enhanced strength makes daily tasks easier, promoting independence and improving quality of life.
10. Strength training twice a week reduced the likelihood of dying from cancer by 31%.




Exercise Protocol

Goal: Efficiently build lean muscle mass and strength.

Frequency: 3-4 times/week (Full-body or Upper/Lower split)

Session Duration: 45-60 minutes


Key Principles:

-  Compound Lifts (60-70%): Squats, Deadlifts, Hip Thrusts, Bench Press, Rows, Overhead Press
-  Isolation Exercises (30-40%): Lateral raises, Glute bridges, Bicep curls, Tricep extensions
-  Progressive Overload: Gradually increase weights weekly or bi-weekly by 2.5-5%
- Rest 60-120 seconds between sets for optimal strength gains.

Optimal Nutrition Strategy

Goal: Fuel muscle growth, strength, and recovery.

Protein (Most Critical):

- Consume 1.6-2.2g/kg body weight/day (approx. 25-35g protein per meal)
-  Plant-Based: Lentils, Chickpeas, Tofu, Tempeh, Seitan, Beans, Soy curls, TVP, Pea crumble, Lupini beans, Edamame, Hemp Seeds
- Complex Carbohydrates: Important for training performance and recovery, e.g.: Sweet potatoes, oats, quinoa, brown rice, fruits

Supplementation

Goal: Support performance, recovery, and overall health.

- Creatine Monohydrate (3-5g/day): Boosts strength, muscle size, cognitive function, and recovery. Safe and highly effective for women.
- Vitamin D3 (2000-4000 IU/day): Enhances bone density, immune health, muscle function, and mood regulation. Especially important for women

over 30.

- Omega-3 Fatty Acids (EPA/DHA, ~1000-2000mg/day): Reduces inflammation, supports heart health, muscle recovery, and cognitive function.

Recovery & Lifestyle Essentials

Goal: Maximize muscle gains, hormonal balance, and longevity.

- Sleep
 - Aim for 7-9 hours of quality sleep nightly to boost growth hormone production, muscle repair, and recovery.
- Stress Management:
 - Chronic stress elevates cortisol, hindering muscle growth and increasing fat storage.
 - Incorporate stress-reduction practices (yoga, meditation, deep breathing, or nature walks).
- Active Recovery
 - Include low-intensity activities (walking, yoga, swimming) 1-2x per week to enhance blood flow and reduce muscle soreness.

Sources

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