



**focus\_contributor.**

# FITNESS UPDATE

with **RACHEL LEMAN**  
FROM MISS MOTIVATOR

Welcome to your July Fitness Update. **Grab a cozy blanket and a cuppa, and let's dive into the hot topic** of strength vs cardio training.

**I**n the quest for optimum health and fitness, women often find themselves pondering the eternal question: strength training or cardio? The truth is, both forms of exercise offer unique benefits that complement each other perfectly. Let's explore the advantages of strength training and cardio workouts and why incorporating both into your fitness routine is crucial for women.

Strength training, often associated with bulging muscles and barbells, holds incredible potential for women's fitness. Contrary to common misconceptions, lifting weights can actually help women achieve their desired physique without becoming overly muscular. Besides toning and sculpting your body, strength training offers a plethora of additional benefits. It increases bone density, combating osteoporosis - a prevalent concern among women. It boosts your metabolism, aiding in weight management and fat loss. Furthermore, strength training enhances overall functional strength, making everyday activities easier and reducing the risk of injury. Cardiovascular exercises, or "cardio" for short, focus on improving cardiovascular health and endurance. Engaging in activities like running, cycling, or dancing gets your heart pumping

and blood flowing. Cardio workouts enhance heart and lung health, aid in burning calories, and promote weight loss. Regular cardio sessions can lower the risk of heart disease, increase energy levels, and improve mood by releasing endorphins, the feel-good hormones. It's important to note that short bursts of higher intensity cardio are more effective than a long slog on the treadmill.

While strength training and cardio are vital components of a fitness routine, it's crucial to remember the importance of great nutrition, rest, relaxation, flexibility and balance. Allowing your body time to recover is essential for preventing injuries and optimising performance. Incorporating activities like yoga or stretching sessions improves flexibility and balance, reducing muscle tension and promoting relaxation. Finding the right balance between exercise and rest is key to achieving sustainable results and maintaining overall wellness. It's important to listen to your body and not overdo things when you are just getting started.

A combination of strength training and cardio workouts is the key to achieving optimal health and fitness for women. Embracing both forms of exercise provides a range of benefits, from increased bone density and

toned muscles to improved heart health, endurance, functional mobility and falls prevention. Remember to incorporate rest, relaxation, and flexibility into your routine for a well-rounded approach. Your future self will thank you!

If you are ready to start taking better care of you, join us at Miss Motivator Women's Health and Fitness Centre this July and receive a special offer!

All new members in July have the chance to choose a special something from our lucky dip, with the opportunity to win up to 25% off their membership. Don't miss out on this incredible opportunity!

Jump online or visit us at 2 Blackbutt Rd, Port Macquarie, to grab your FREE TRIAL and experience the transformative power of combining strength training and cardio firsthand. Our team at Miss Motivator are

dedicated to helping you achieve your fitness goals, and our judgement free environment provides the perfect environment for your journey to success.

