



Strength Training 101

Why Lift Weights?

1. Strength training may add years to your life (2014 UCLA study) and improve your sleep (2012 study).
2. You will actually get stronger - that's a good thing!
3. You will strengthen your bones, improve your balance and prevent injuries.
4. Strength training has also been linked to reduced anxiety and depression.
5. You will burn calories and lose fat around the clock. Muscle is 'active' tissue which burns calories just being on your body. So more muscle = more calories burned while you are just sitting there!
6. Increase your physical ability to do the things you love.
7. Enjoy cardiovascular benefits including lowered blood pressure.

So take a break from the treadmill and try pumping some iron!

This 8 week session begins January 18

Thursdays 5:30pm at GFD, 2nd Street
or
Fridays 6:30am at GFD, 2nd Street
or
Thursdays 6:45pm at GFD Sport, Picasso Ave
or
Fridays 10am at GFD Sport, Picasso Ave.
or
Saturdays 9am at GFD Sport, Picasso Ave.



The Program

Learn how to safely use all of the equipment in the weight room including machines, dumbbells and barbells, resistance bands, TRX suspension training, kettle bells, medicine balls and more!

Master the foundational principles of weight training and workout design.

Learn a weekly total-body workout that you can repeat 1-2 more times over the week.

Space is limited to 6 participants per group so sign up today!!

Cost: \$160 for 8 week session.

This includes the weekly small group workout, written materials and weekly workout video for review.

Trainer: Liz Shull Colenzo, AFAA/NASM CPT

For more information, contact Liz at eashull@hotmail.com

A second weekly workout may be scheduled with Liz at the GFD small group training rate.

