

What are you 'weighting' for?

OK Ladies, that's it!! Don't spend another Valentine's day 'weighting' for that delivery of long stem roses, that anonymous card, that box of chockys or that 'all too cute' stuffed toy that leaves you going aaaahhhhh.....

What I am about to share with you is the 'hot chick's' secret weapon to looking good, feeling confident, sassy and sexy plus will give you the energy you are going to need to fight off the avalanche of attention that will come your way!!

When it comes to women & weight loss one of the things I regularly come upon is a syndrome I call the 'carbs and cardio carousel'. This is the frustrating merry-go-round weight loss 'ride' that has women opting for carbohydrates then trying to 'burn' them off with a good bout of cardio exercise and then replenishing their energy levels with more carbohydrates! With the question 'why aren't I losing weight?' starting and ending their days.

Now there is nothing wrong with either carbohydrates or cardio training, but what is often overlooked as a means for fat loss and toning your muscles is strength training. 'But Jen?? I don't want to 'bulk up'?'



7 Day 'Super Woman' Start Up Program

What are you waiting for ... go to www.goalpower.com.au and become a Goal Power 'Super Woman' today!

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I promise you, you won't!

But by adding some strength training into your week you will begin to increase muscle mass. However, increased muscle mass doesn't mean that a woman's body will 'bulk up', which is a very popular myth among women!

What it does mean is that the body requires more energy to maintain this new muscle resulting in burning more calories, even while you are resting. BINGO!

So not only will 'tuck shop lady arms' be a thing of the past, you will also:

- Reduce body fat;
- Tone and shape your muscles – sexy shoulders here we come!
- Reverse the natural decline in your metabolism which begins around age 30!

- Develop strong bones, thereby reducing the risk of osteoporosis;
- Have more energy;
- Improve balance and flexibility.



So, do you need an expensive gym membership? Absolutely not! Strength training exercises can be performed easily at home with resistance bands, free weights, weight machines or through the use of body weight exercises.

So..Don't 'weight' – Do 'weights' now!

What would you like to know? Or maybe you just have what seems to be a 'silly' question – believe me, there is no such thing! So drop me an email and I will answer it personally..... Jen

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