

Why women should do weight training

THERE IS NO REASON WHY MEN ARE THE ONLY ONES WHO BENEFIT FROM THIS

Loretta Mostofi
AUSTRALIAN AND WORLD FIGURE
CHAMPION

AS I entered the weight room one Wednesday evening to do some weight training I looked around the floor and was amazed to see not one other female besides myself.

The room was filled with testosterone pumped males grunting, lifting heavy weights all striving for that perfect physique.

The bench press had one small frame male trying to press a weight almost three times his size with three thick necked friends encouraging him and helping him out. With such a stale, smelly, foul mouthed, male dominated environment, it is no wonder the ladies are so intimidated to enter.

This got me thinking, where are all the women?

Why is resistance training such a one-sided exercise? There is no reason why men are the only ones who benefit from weight training.

Based on my experience and knowledge, resistance training is the missing key to many failed weight loss attempts. When I approach women in the gym about



Loretta Mostofi: where are all the women?

Picture: DALLAS OLSEN

their thoughts on weight training, the most common responses I receive are that, lifting weights will make them look bulky or fatter, there are only men in the weights area, for weight loss, I only need to do cardio based exercises.

I am here to discuss the benefits of weight training

and hopefully educate females to have the courage to enter the weight room, evening out the numbers in the so-called muscle building section of your gym.

Most believe that in order to lose weight you have to starve yourself.

To a certain degree, the concept that less calories in

compared to calories burnt will create a deficit, thereby aiding weight loss, is true.

However, it is your lean body mass, the muscle mass underneath your body fat, that burns calories without you even doing anything. A common mistake made by many obese people trying to lose weight is to starve

themselves to get rid of their body fat.

Let me tell you that the majority of these overweight people have an advantage in losing weight.

For more go to:
lorettamostofi.com or read
Loretta's full column at
northshoretimes.com.au

**fast
lane**

Norths host Parra

Cricket: North Sydney host Parramatta in tomorrow's one-day game at North Sydney Oval. Gordon take on Western Suburbs at Pratten Park, Ashfield and Northern District play Sutherland at Glenn McGrath Oval, Caringbah. Matches start at 10am.

Learn to play

Croquet: Chatswood Croquet Club will coach anyone interested in picking up a mallet. Open days are on Saturdays from 1pm-3pm. Details: 0433 037 440.

Perry in action

Cricket: Ellyse Perry's Sydney play Gordon in Sunday's women's first grade match at Drummoyne Oval. Northern District take on St George-Sutherland at Mark Taylor Oval, Waitara. Games start at 3.30pm.

Willoughby action

Badminton: Willoughby Badminton Association meets at the weekly playing time of 5pm-7pm at the Willoughby Leisure Centre, 2 Small St, Willoughby. Details: websyte.com.au.

Pair selected

Cricket: Northern District pair Harry Conway and Taylor Scott were selected in the NSW under-19 squad. The 13-man squad will contest the national championships in Adelaide from January 11-20. The team will leave Sydney on January 10.

GOLF

Club encouraged by junior team's showing

Rowan Cowley

CHATSWOOD Golf Club showed encouraging signs for the future after seven gifted junior players made the semi-finals of a recent youth tournament.

The club entered a team in the Encourage Shield competition for players aged 10-17 for the first time

in several years. The team lost a tough semi-final to Muirfield in a playoff at West Pennant Hills Golf Club on Sunday.

While the boys were disappointed to narrowly miss the final, the semi-final result was the culmination of a great season in which they won all but one preliminary game before de-

feating Ashlar in a strong quarter-final showing.

Playing from division 2, Chatswood narrowly beat Bayview for the division championship.

Team manager Brett Johnson said the team was formed by several club juniors who had enlisted friends, some from other clubs and some who had

never played the game. "We originally had no thought of going as far as we did," he said. "We definitely exceeded our expectations."

He said the young team had been formed after he, assistant golf pro Greg Lynch and head pro Mark Sullivan identified a need for a stronger junior presence at the club.



Chatswood Golf Club's Encourage Shield team: Brett Johnson (manager), Tom Craig, Sion Freed, James Stephens, Mason Cohen, Matt Garrow and James Wright