

THE BENEFITS OF WORKING OUT FOR WOMEN

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As women we all have more than one “hat” to wear given our many roles. Whether it’s CEO, President, Mother, Manager, or even Assistant we all need to have some time for ourselves. One of the things that continues to grow in popularity for us year after year is health and wellness. There are numerous options out there for us, from diets, workout plans, and even equipment. My personal favorite is working out. 

The benefits of working out are plentiful. Some benefits include an increase in energy, stamina, and flexibility. When you combine these benefits, you will notice an improvement in your overall health. After a good workout you will have your endorphins running and giving you a “workout high”. This “high” is a newfound energy for some and can also be a relief. It will allow you to go run those daily or weekend errands plus a couple more. Having this energy will make you feel like you accomplished something and are one step closer to your goals.

As you continue to work out on a more consistent basis, your stamina will become better. The cardio that you increased in your workouts or even your decreased rest periods during your resistance training are factors in this new outcome. With increased stamina you can now last longer throughout the day, enjoy more activities, play an entire sports game, and even enjoy more time with your loved ones.

Another benefit of working out is increased flexibility. This happens by having a proper warm-up before the workout, working your muscles through their full range of motion during your workout, and performing a proper cool down after a workout. As this happens blood flow is now able to increase through the body allowing you to move better. For some of you, this increased flexibility will start to relieve pain in some common areas, such as low back pain. 