

Fitness Trend: 5 Reasons Women Should Lift Weights



By [Melissa Lee](#)

Working out may not be the most exciting activity, but with summer right around the corner, who *isn't* hitting the gym? A hot [fitness trend](#) is showing some serious benefits when it comes to lifting weights, and even has been proven to be more useful than cardio. Strength training can help you burn fat, reduce your risk of diabetes, prevent physical pain, and even improve your mental health!

With all of these advantages, it's

easy to understand why lifting weights is the latest craze in fitness trends!

1. You'll burn more calories: Lifting weights aids in creating more muscle, and your muscle mass determines your metabolic rate. The more muscle you have, the more energy your body releases, so even by doing normal, every day tasks, you'll be burning *more* calories just because you've been expanding your muscle mass.

2. You'll be stronger, mentally: By having a workout routine that involves lifting weights, you will not only improve your physical strength, but your mentality, too! Weight lifting is an empowering activity and by constantly challenging yourself to work harder at the gym, your confidence will grow.

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3. Your flexibility will improve: Research has actually shown that strength training and full-range resistance workouts can improve flexibility. As long as these exercises are performed on a regular basis, progress will definitely show!

4. Lifting weights boosts your heart health: Studies show that by performing moderate-intensity strength training, blood pressure can decrease notably. Lifting weights increases blood-flow and gets your heart beating.

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5. You'll look – and feel – better!: Any form of working out is proven to have positive effects, but weight lifting is the best way to get a lean and fit body. Strength training challenges and tones your body, so what's not to love?

What's your favorite thing about lifting weights? Comment below!