

# GABRIELE

## FITNESS & PERFORMANCE



## Strong is the New Skinny For Women

By Vince Gabriele, MS

With all the craze these days about being skinny, toned, lean and long, women are running themselves into the ground with crash diets and exercise that gets minimal results. There needs to be a change in mind set about what is healthy. You only get one body with and it is imperative to take care of it to the best of you ability.

### What women need to stop doing

1. **Obsessing about your weight on the scale.** This is one of the most destructive strategies used to live a healthy life. Nothing crushes your mental state more than when you get on the scale and you have gained a whopping one pound! If you find yourself doing this everyday or even every other day please stop. There are many factors that can cause your weight to fluctuate and checking each day, praying that it goes down, is not a great strategy.
2. **Doing an hour of Cardio or longer.** There are several great benefits to cardiovascular exercise, including improved energy level and better heart health. That being said, hour long cardio sessions are one of the last things I would recommend to a female trying to lose fat. You are more than likely to lose muscle mass, which will lower your metabolism, which will eventually make you even fatter. It is a vicious cycle.
3. **Diets.** Going on a diet may work temporarily, but you can not sustain a diet for the rest of your life. You will eventually go back to what you were doing before and gain even more weight back. This is because most diets restrict calories, if you restrict calories too much and lose muscle the same vicious cycle will happen again. Lose muscle, decrease metabolism, get fatter.
4. **Lifting the pink dumbbells.** Being weak is no way to through life. It is typical to hear that" I am only going to do light weights for high reps because I do not want to bulk up." In order to stimulate muscle growth you need to stress the muscles more than they are accustomed. You need some degree of strength to prepare your body to do go through life without getting exhausted or injured.

## What Women need to start doing

1. **Measuring your body fat a few times per month.** This has been very typical for many of our female clients. "I feel stronger, my clothes fit better but I have not lost a pound" Measuring Body fat and not weight will keep you on track and will ease your mind when you see that maybe you did not lose a pound on the scale. If these things happen you are on the right track: your clothes fit better, you have more energy, you gained a pound of muscle and lost a pound of fat. Once this happens, the obsession with the scale will go away
2. **Lifting Weights.** I am not talking about entering a powerlifting contest, but rather you perform 30-60 minutes of total body strength training 3x per week. 2 times a week is definitely sub par but is a start. In our facility the one commonality between the people that get great results and the ones that get minimal results is training 3 times per week. Give yourself a rule to never use a weight that you can more than 15 reps, 8-12 reps is an even better goal. Also please let the adductor/abductor machine collect dust as I cannot come up with a bigger waste of time. [Click here to see a few women training that used to be very weak.](#)
3. **Interval Training.** 2-4 times per week you should be interval training. This is a superior method for fat loss. Try starting out on the bike and pedaling hard for 60 seconds and then pedaling slow for 2 minutes. Try this 5-10 times and then let me know if you still want to run on the treadmill for an hour.
4. **Eating Clean 90% of time.** Develop a nutrition lifestyle that you can maintain your entire life. Eat 3 meals and 2 snacks of lean meat, fruit and vegetables. Leave the 100 calorie snack packs on the shelf! Get your calories from whole foods and be consistent. Make sure to prepare ahead of time

[Click here](#) to see some of our female clients training!

### Gabriele Fitness and Performance

20 Locust Avenue  
Berkeley Heights NJ 07922  
908-464-4441  
[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[www.gabrielefitness.com](http://www.gabrielefitness.com)