

Strength training for weight loss???

For years everyone in the fitness industry has championed cardio as the best way to lose weight. New studies are actually showing something quite different.

Strength training is actually a great way to lose weight and when done in a circuit type fashion it also gives all the benefits of cardio vascular training. Strength training builds strength, burns calories and is truly the most functional type of exercise we can do.

For more help getting yourself started on a strength training program come to the Fitness Room and ask for help from any of our wonderful staff. We'd be happy to help you!