

LADIES.....You Are Stronger Than You Think You Are

“The Weaker Sex” has been used to describe a major physical difference between men and women for an eternity, but science has revealed that the physical differences between men and women in strength comes down to just a difference in muscle mass, more specifically the amount of lean tissue in the body. Women tend to have more body fat and less muscle mass than men, but the type of muscle mass we have tend to make us better at sustained activity, insulin sensitivity, fat burning as an energy source, and recovery. [See Link](#). Women have more of the Type 1 muscle fibers than men. Men have more Type 2 muscle fibers which are better at explosive activities, but require time to recover. Now just because women and men may have differences in the amount of muscle mass and the type of muscle fiber does not mean that muscle cannot be trained to act differently. Strength training can result in more muscle mass and more muscle fibers functioning as type 2 fibers (explosive strength) in women as in men.

So being female does not mean you have to physically act different than men, perform certain activities that are considered “more appropriate” or worry about developing “too much” muscle mass. Genetically women do not have the capability of developing large muscle mass compared to men, but we CAN develop more muscle mass and be as strong relatively speaking. It is my opinion that some of the differences between muscle strength between men and women comes from just the attitude of thinking we are “supposed” to be weaker, society norms, fear of developing too much muscle mass and no longer looking like a woman, and just being told we “can’t”. My husband will concur that telling me I can’t do something, especially because I am a woman, is the worse thing anyone could say to me. So I am here to tell you women that being strong is possible, necessary, and very beautiful!

"Because human muscle tissue is made up of the same thing regardless of gender, all human muscle responds to stimulation in the same way. If a woman trains with weight that meets her thresholds, she will gain strength at the same rate as a man who trains at the same level of intensity, relative to his threshold." [See link](#). I think there is a general fear among women that weight training is “ a man’s activity”, and that they can get hurt, or develop a muscle mass that looks masculine. I can assure you this is not true. Woman cannot produce the amount of muscle mass that men can. Genetics plays a large role in developing muscle mass. Some women can produce more muscle mass than other women with the propxer training, but the extremely large female bodybuilders seen most likely got that way with drug enhancement. Women can be strong without excessive muscle mass. The key is in the type of training. The benefits of strength training, increase muscle mass, increased strength, increase metabolic rate, fat loss, decrease in diabetes, only to name a few, have long been stated by FitTec.

One of the major differences in strength between men and women is seen in the upper body more than the lower body. It has been stated that this difference is due to less muscle mass in these areas in women. This is true, but I think a lot of it is because we women do not use our upper body in the same way as men. We do not challenge our upper body strength, resulting in less muscle mass and strength. Strength is relative to muscle mass not gender. I personally love being a strong women and intend on continuing to be so. **Ladies, if there is anything I want you to take away from this information is that “YOU CAN”. You can be strong, you can push yourselves more than you think you can, and still be very “feminine” So....see you all in class**