

10 Reasons Women over 40 should Lift Weights

1. Increase muscle mass
2. Enhance metabolic rate
3. Slow down rate of bone density loss
4. Improve hormonal balance
5. Sleep better
6. Feel more energetic
7. Better health markers
8. Reduce risk of cancer
9. Enhance self confidence and improve body image
10. Increase libido

<http://fitknitchick.com>



FREE!!

Strong Women Exercise Classes
at *The Mason County Health Department.*

NEW classes starting

January 8th

Mondays and Wednesdays

Time: *12:00pm*

Mason County Health Department

Call 564-9447 to register

For both men and women

Here's to Strong Women!
May we know them.
May we raise them.
May we be them.
~unknown

