

The Institute of Human Performance presents:

IHP SEMINAR SERIES

INSTITUTE OF HUMAN PERFORMANCE
THE UNIVERSITY OF HONG KONG

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Female Training - Women and Weights

Endurance or cardio training has always been favored by women due to its preference to burn fat as an energy source. Although this fact is true, the answer is more nuanced than just a simple “true”. Research has shown that performing cardio exercises does burn a large number of calories during the training session, yet it is certainly not the most efficient way to lose weight and burn fat. In the IHP Seminar Series on the 27th of October, IHP Active’s Annabelle Fong, discussed several myths on Female Training and provided effective methods that allow women to train more efficiently.

Throughout the seminar, Annabelle covered eight well-known female training myths. She started off by explaining the consequences of long duration cardio exercises as well as its effect on metabolism, stressing the fact that metabolism plays an important role when it comes to burning calories before and after exercise.



Once participants acknowledged that training muscles was crucial for weight loss, some started to question the proper ways to utilize weights to achieve a leaner body, but avoid bulky muscle development. Annabelle explained that since women have less of the hormone testosterone than men, it is extremely difficult for a woman to build a bulky, muscular physique. Incorporating resistance training into one’s workout will definitely benefit a female body and sculpt it the way they intend to, yet wouldn’t turn it into a muscular manly body.

Throughout the seminar, the participants giggled to familiar myths that were introduced and started to raise questions about creating their own program. Since both cardio and weight training are both effective ways to lose weight, it is recommended that women incorporate these elements within their training.

After all that’s been said, Annabelle concluded with a resistance training session in which all participants performed for a total of 30 min. The training included a warm-up, 7 weight-training exercises and wrapped-up in the end with a good stretch, leaving them feeling strong and more confident in doing weight training. Before the session ended, she stressed that a good rest and a well-balanced meal are crucial for muscle recovery.



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