



# BREAKING ALL MYTHS

## Women's Weightlifting Workshop

**Common myths most women have about lifting weights:**

**Myth #1: You will bulk up by lifting weights**

**Myth #2: You need to do cardio only to lose weight**

**Myth #3: Men and women should train differently**

**Myth 4#: Weightlifting is bad for the joints**

**Myth #5: Older women should not participate in strength training**

**Myth #6: Lifting weights will make you gain weight**

**Come join us for a hands-on workshop  
Thursday, July 30th at 12:30pm to teach  
you how to lift weights and about all of the  
benefits involved so you can feel confident  
incorporating weights in your routine!**