

Body Building for Girls

The term "girl" is generally thought of to be a young female, but when we're talking about body building for girls, we're really referring to female body building for teen girls. Body building isn't a sport just reserved for the male sex. Girls can get strong, fit, and toned just like boys although their approach needs to be different.

Girls need to set realistic body building goals when they are trying to figure out just what they want to accomplish with their weight training. Some girls just want to lose weight. Others would like to become toned and firm. Still others are using body building as a way to excel at sports. Set goals and keep those goals in mind during workout programs. Don't lose sight of those goals and use them as motivation to keep going.

Guys - especially teen guys - produce much more testosterone than girls do, so remember that, as a girl, you won't be building muscle in the same ways as your male counterparts. You can, however, tone your muscles and sculpt a beautiful body when you keep an eye on the end result you want to achieve.

When it comes to nutrition, girls who are starting a body building routine need to keep a few things in mind. First of all, girls need different nutrients than boys. They require much more iron due to blood loss during menstruation, and they also can benefit from more protein. Protein provides muscle building material in the body, so it should be consumed both through diet as well as supplements.

When speaking of supplements, girls should shy away from testosterone replacement supplements. These types of artificial substances can make a woman or girl look more like a man and can seriously impede health. While they will make your muscles grow stronger and quicker, they should still be avoided for girls who are body building seriously.

Keep in mind that both girls and boys who are body building need to get lots of rest. This is very important for any young person, but when you are working your body, you really need to get a lot of rest. Muscles are grown when the body is in a sedentary state. While you sleep, your muscles will grow and you will be repairing any damage you've done while working out.

Get the advice of an adult before you undertake a body building program. It's very possible for girls who want to use body building as a fitness program to make beautiful bodies that they can be proud of. Just be sure you do it safely

and know what you are doing before you start. Then watch the results and enjoy what you've done!