

# *Fitness Training for Girls*

*A Teen Girl's  
Guide to  
Resistance  
Training,  
Cardiovascular  
Conditioning  
and Nutrition*

Katrina Gaede

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To  
My Mother and Father  
Dawn and Carl Gaede



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## ***Preface***

# *Your very own personal trainer*



We wanted to produce a guide that would truly serve all girls. Our programs are based on athletic training programs and speak directly to teens interested in sports. But we want to make it clear that these workouts will also benefit those whose primary goal is to begin a life of higher fitness and stay there.

This is nothing new — the body is a temple for your mind and spirit. Develop and care for it and you will enrich everything else in your life. Learn that now when you are young. It is so much more difficult when you grow older. Just look around you!

Consider this book your very own personal trainer. That's what we had in mind when we began this project and sure enough, everything in these pages is repeated in our gym and our lives every day.

Believe in yourself and the power of physical fitness to lift your life. Here's to you!

Katrina  
Alan  
Doug



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# ***A life of fitness***

*Fitness training:  
for sport,  
for well-being,  
for life*

## **A fitness guide just for teen girls**

Teen girls interested in serious fitness training programs have little to choose from on the bookshelves.

*Gaining optimum physical well-being is no longer an exclusive athletic ideal. The benefits of fitness training can enhance the lives of all girls.*

There are lots of books about self-esteem, pimples and boyfriends but few substantial workout guides. This book will tell you how to get

athletically fit and firm — using the gym or making do at home — for sport and a sporting lifestyle.

## **Training for athletes and everyday girls, too!**

*Fitness Training for Girls* sounds serious. It's that second word that does it. By definition training is the process or state of being formed by instruction, discipline and drill. Anything that involves all that must be pretty serious, indeed. So it makes sense that this is a book for athletes or aspiring athletes. Athletes train. That's what they do.

But *Fitness Training for Girls* is for all the other girls, too. Or at least the ones who wish to attain fitness that goes beyond dieting and exercising to lose weight. They may not have the talent or desire to be athletes,



but they want to achieve and maintain a life of fitness all the same. The processes for both athletic and non-athletic girls take earnest effort and the processes overlap — especially in the beginning. Fitness is not exclusive. It is achievable for every girl who wants it.

### **Muscles are OK**

In 1972 the U.S. Congress enacted the Educational

Amendment Act. Title IX of that Act requires that colleges and universities who want to keep government funding must provide students with equal opportunity in all areas of college life, including sports.

The need to field more women's athletic teams fueled the development of high-school and recreational sports for girls. Girls' high-school teams increased from 15,000 to 70,000 in the '80s and women's sports participation increased 700% overall.

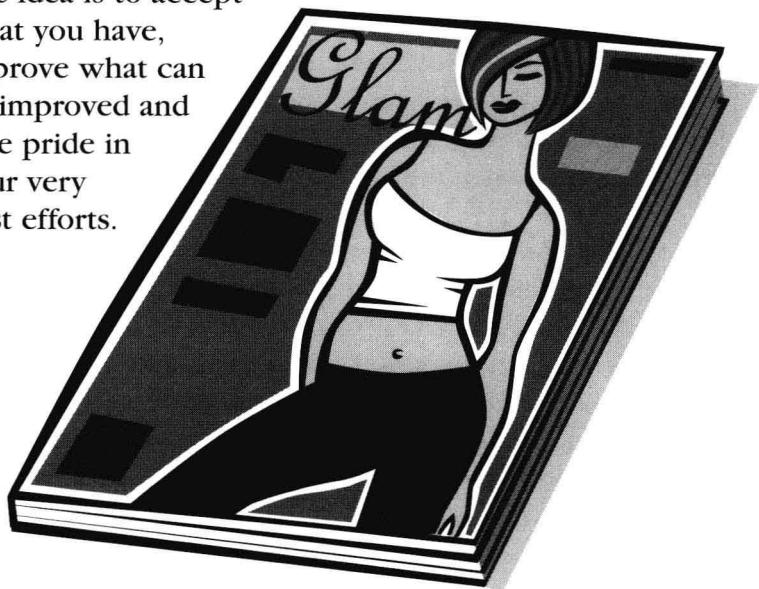
Girls' athletic participation coincided with, and no doubt encouraged, our society's growing interest with

fitness over the last two decades. As a result, the female body ideal that includes soft, full curves made room for a powerfully new and vibrant option — the athletically fit and muscularly toned body type. Once scorned for being unfeminine, athletic adolescent girls gained respect and admiration for their healthy bodies.

### **What's real: The myth of the perfect body**

It should be enough to say that physical perfection is not an option — because it does not exist. Although we are seduced by a narrow standard of beauty through magazines, television and film, what we admire is the behind-the-scenes work of cosmetic professionals and digital touch-up. Trying to look like the girl in an ad is futile. More importantly, it's the wrong place to start your dream. You must begin with you.

Every girl has her own unique body. There are things you like, things you're OK with and things you dislike. The idea is to accept what you have, improve what can be improved and take pride in your very best efforts.



***Strength to  
succeed is in  
your head.***

Comparing yourself to others or photos in magazines ignores who you are and what your needs are. Instead of envying pixels on the page or screen, look to

your own improvements as you reach the goals that will take you to your dreams.

**You CAN! Eliminate quitter's mentality  
— Gain mental toughness**

Building and maintaining fitness is a lifestyle. It's about making better choices regarding eating and exercise every day of your life. For a healthy, happy life. For a remarkable life.

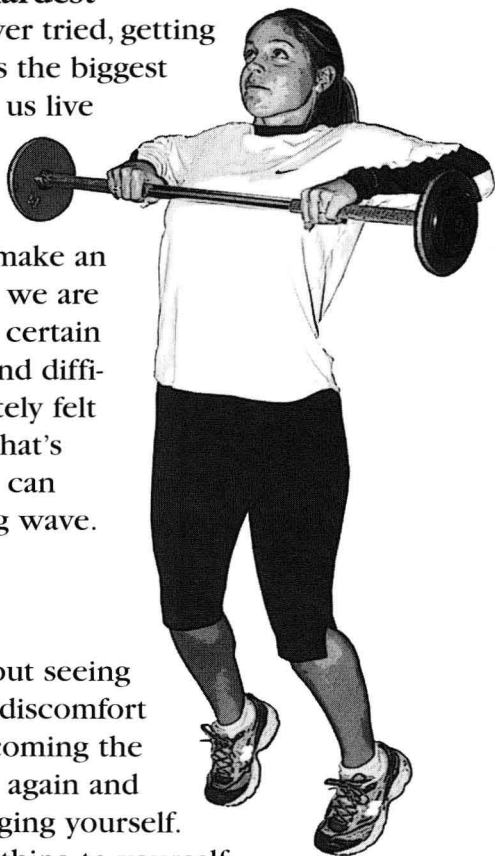
Fitness training is not easy. Nothing worth doing or achieving ever is. But it is doable — even in the beginning. When the simplest exercise is so difficult — you can complete one more rep. Even when your desire for certain foods seems overwhelming — you can think it through and make a wiser choice. Strength to succeed is in your head. You can if you think you can. That's what we mean by mental toughness.

It's easy to find reasons to quit on yourself. Exercise can be hard and boring and sweaty — why punish yourself? Doing what you want when you want is more like it — why deny yourself? Giving up and giving in can seem appealing. So appealing that you may acquire “quitter's mentality” and never try. But without trying there can be no success at anything. Quitting is just, well, quitting.

## **The first step is the hardest**

For those who have never tried, getting past the comfort zone is the biggest challenge of all. Each of us live day in and day out in a personalized bubble.

In the bubble we are comfortable, when we make an effort to break out of it, we are not. Exercise includes a certain amount of discomfort and difficulty and it is most acutely felt in the very beginning. That's when the desire to quit can wash over you like a big wave.



## **Triumphs will see you through**

Mental toughness is about seeing yourself through initial discomfort and consequently overcoming the desire to quit again and again and again. It's about challenging yourself.

It's about proving something to yourself.

When hurdles are overcome, the triumphs of each small victory build inside you and they leave a mark.

There comes a point when you will begin to seek challenge and relish the opportunity to overcome difficulties. You will discover that the triumph of reaching each goal far outweighs any discomfort you endured to get there.

**Rewards: Big returns for big effort**

It's important to know that fitness training grows on you. It always gets better and you will learn to enjoy it more and more. You are blessed with a forgiving body that will respond gloriously to serious sustained effort and care. In other words, there will be rewards for working out and eating right.

It is only natural that actions you repeat will become habits. One fine day you will realize that all those habits have built a new you. That's the way it works. It's that simple. All you have to do is try each day. And the harder you try, the greater the reward.





