CAN YOU REALLY OVER-TRAIN?

BEING HEALTHY SHOULDN'T BE THIS HARD.

IS OVERTRAINING REAL?

100% YES.

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WHY IS IT BAD?

BECAUSE OF THE EFFECTS OF ENDORPHINS, DOPAMINE, & OTHER EXERCISE-GENERATED FACTORS ON THE BRAIN + LACK OF INFORMATION, IT CAN BE EASY TO ASSUME THAT TRAINING AT A HIGHER FREQUENCY IS "HEALTHY".

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WHY IS IT BAD?

BUT MORE DOESN'T ALWAYS EQUATE TO BETTER. IT'S IMPORTANT TO DISTINGUISH BETWEEN A **HEALTHY** FREQUENCY AT WHICH YOU TRAIN VS. AN **OBSESSIVE** FREQUENCY AT WHICH YOU TRAIN.

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WHAT ARE THE SYMPTOMS?

AS LISTED IN THE AMERICAN COLLEGE OF SPORTS MEDICINE HEALTH & FITNESS JOURNAL:

- PERSISTENT HEAVY, STIFF, AND SORE MUSCLES
- PERSISTENT FATIGUE, WASHED-OUT FEELING
-DECREASED PERFORMANCE AND ABILITY TO MAINTAIN THE TRAINING REGIMEN
- INCREASED SUSCEPTIBILITY TO INFECTIONS, COLDS, HEADACHES

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WHAT ARE THE SYMPTOMS (PT.2)

-NAGGING AND SOMEWHAT CHRONIC INJURIES

- SLEEP DISTURBANCES

-DECREASED MENTAL CONCENTRATION AND RESTLESSNESS

- INCREASED IRRITABILITY

- DEPRESSION

-LOSS OF APPETITE AND WEIGHT LOSS

-BOWEL MOVEMENT CHANGES

- ABSENCE OF MENSTRUATION

& MORE.

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HOW CAN YOU PREVENT IT?

- BY LISTENING TO YOUR BODY. DON'T IGNORE SIGNS TELLING YOU TO REST.

- DON’T INCREASE TRAINING VOLUME AND/OR INTENSITY BY MORE THAN 10% AT A TIME.

- GET QUALITY SLEEP.

- STAY HYDRATED & HAVE A BALANCED DIET.

-MAKE SURE TO REST EFFICIENTLY BETWEEN SETS.

- FOLLOW A STRUCTURED WORKOUT PLAN

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REMEMBER:

THE QUALITY OF A TRAINING SESSION IS MUCH MORE IMPORTANT THAN THE NUMBER OF SESSIONS YOU FIT INTO A WEEK. THIS IS WHY IT'S SO IMPORTANT TO HAVE A STRUCTURED PROGRAM/PLAN AND ADEQUATE REST/RECOVERY DAYS.

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