HOW TO KNOW IF YOU‘RE EXPERIENCING METABOLIC DAMAGE

BEING HEALTHY SHOULDN'T BE THIS HARD.

WHAT IS METABOLISM?

THE MEDICAL DEFINITION:

"THE SUM OF THE PHYSICAL AND CHEMICAL PROCESSES BY WHICH LIVING ORGANIZED SUBSTANCE IS BUILT UP AND MAINTAINED (ANABOLISM), AND BY WHICH LARGE MOLECULES ARE BROKEN DOWN INTO SMALLER MOLECULES TO MAKE ENERGY AVAILABLE TO THE ORGANISM (CATABOLISM)."

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WHAT IS METABOLISM?

SIMPLIFIED:

THE BODILY PROCESSES NEEDED TO MAINTAIN LIFE.

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IS METABOLIC DAMAGE REAL?

TECHNICALLY, YES.
(BUT IT'S NOT WHAT MOST PEOPLE THINK)

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WHAT IS METABOLIC DAMAGE?

WHEN YOUR METABOLISM'S EFFICIENCY IS CHALLENGED DUE TO A HIGH AMOUNT OF METABOLIC STRESS.

THINK OF IT AS YOUR BODY SUPPRESSING ITS USUAL RESPONSE TO A STIMULUS (EX. NOT LOSING WEIGHT EVEN IF YOU'RE EATING LESS CALORIES)

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WHO IS METABOLIC DAMAGE MOST SEEN IN?

PEOPLE WHO HAVE A PAST IN
YO-YO DIETING/SEVERE RESTRICTION
(OFTEN SEEN WITH WEIGHT-LOSS GOALS)

OR

ATHLETES WHO OVERTRAIN AND
DON'T CONSUME ENOUGH FOOD FOR
THEIR ENERGY DEMANDS

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COMMON EXAMPLE:

WHEN CARDIO IS OVERUSED AS A MEAN TO BURN CALORIES/LOSE WEIGHT.

ENERGY IN IS TOO LOW →
BODY DOESN'T USE ENERGY AS FAST →
METABOLISM SLOWS DOWN IN RESPONSE→
PROGRESS STALLS & BODY CAN REACT ABNORMALLY

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WHY IS METABOLIC DAMAGE BAD?

IT CAN:

1) HINDER MULTIPLE PHYSIOLOGICAL PROCESSES

EX: THE ENDOCRINE SYSTEM
(THINK HORMONE REGULATION)
CAN BE COMPROMISED

&

2) CAUSE A DELAY IN PHYSICAL PROGRESS/RESULTS (WHICH WASTES YOUR TIME & EFFORT)

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HOW DO YOU REVERSE METABOLIC DAMAGE?

- TAKE A BREAK FROM THE DIETS/RESTRICTIONS
- FOCUS ON EATING WHOLE FOODS & EATING ENOUGH FOR ENERGY DEMANDS
- SWITCH UP YOUR TRAINING ROUTINE IF NECESSARY & DON'T OVERTRAIN
- GET QUALITY SLEEP
- MINIMIZE STRESS

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