

The Dangers of Over-Exercising

HOW MUCH IS TOO MUCH?

This causes health benefits to decrease and the risk of injury to increase.

This can cause permanent damage to even the most minor injuries.

Exercise should not be something that you are obligated to do. It should be a fun activity.

When exercise becomes more important than your other duties, this should alert you to the fact that something is not right.

Your life must be filled with balance, and one thing should not be the determining factor as to how happy you are.

- Do you burn more than 3500 calories per week?
- Do you exercise even with an injury?
- Do you feel guilt and anxiety stricken when you are not able to exercise?
- Do you avoid other responsibilities in order to exercise?
- Is your happiness based on how productive your daily workout was, and not on other things?

TREATMENT AND RECOVERY TIPS

Decide what you wish to achieve through exercising (i.e. weight loss, improve endurance, improve particular skills, etc.)

These are small steps that will enable you to reach your long term goals.

This will enable you to make a firm commitment to your goals.

- Set long range goals.
- Set working goals.
- Keep a planner.
- Write down the activities you will do, which days you will do them, and for how long.
- Take a day off in between to allow for some recovery time.
- Record your progress in your planner.

HEALTHY EXERCISE VS. UNHEALTHY EXERCISE

- Do activities you enjoy, rather than activities you feel you must do.
- Exercise because you want to, not because you have to.
- It is recommended that you exercise 3-5 times each week for at least thirty minutes per session
- Identify the differences between a program where the time spent and impact is normal rather than excessive and compulsive.