

# Fall Fitness Challenge 2013



## Too Much Exercise May Cause Injuries Adapted from: IntelliHealth

"No pain, no gain" is a motto of the past. Exercise should not be painful, and pain is not a sign of a good workout. You may experience some soreness for a day or two after beginning a new activity, but this should not be a regular occurrence. Persistent discomfort may be an indication that you're increasing your activity levels or weight resistance too rapidly. Aim for no more than a 10 percent increase each week. There are several signs and symptoms that accompany overtraining.

These include:

- Decreased performance
- Feelings of fatigue, even after a day of rest
- Depression, anxiety or another mood disturbance
- Increased resting heart rate
- More injuries than usual, with a longer recovery period
- Loss of appetite



### What is the best way to prevent injuries?

You can take several steps to decrease your chance of getting injured during exercise:

- **Listen to your body.** It will usually tell you if something is not right, through either pain or fatigue.
- **Get rest.** Depending on your level of fitness and activity, a day or two off per week may be advisable. Fatigue increases your chance of getting injured; rest helps the body recover and perform better when you next exercise.
- **Don't over train.** Don't increase your workout (in either weight training or aerobic exercise) by more than 10 percent per week, particularly if you have been fairly sedentary. In addition to staving off injuries, this will help prevent burnout.
- **Cross train.** Participating in a variety of activities helps to stress different muscles or stress your muscles in different ways. Cross training (for example, alternating running, rollerblading, swimming, volleyball and so on) makes you less likely to develop overuse injuries.
- **Use good, safe equipment.** Make sure that the equipment you use is not faulty or worn. And remember that helmets and padding protect you only if you wear them.



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- **Get instruction.** If you are trying out a new activity or a new piece of equipment, ask a qualified person to instruct you or get a reference book that can help.

Pain is the body's way of communicating that something is wrong. When you ignore pain, your injury won't improve, and it may become more severe. The injury may begin to affect your performance not only in sports and exercise, but in your daily life as well.

There may be activities that won't aggravate your injury, depending on what your injury is, and will allow the recovery process to continue. Swimming is often a good alternative to other aerobic activities because it involves no impact. You can even try resistance (strength) training; just work out the parts of the body unaffected by the injury. For example, if you have a shoulder injury, you can still do many lower-body exercises to maintain strength.

