Importance of Rest in your Exercise Routine

BENEFITS

- **Allows time for Recovery.** A rest day isn't about being lazy on the couch, but it is during this time that the beneficial affects of exercise take place. Specifically, rest is essential for muscle growth. Exercise creates microscopic tears in your muscle tissue. But during rest, cells called fibroblasts repair it. This helps the tissue heal and grow, resulting in stronger muscles. Also, your muscles store carbohydrates in the form of glycogen. During exercise, your body breaks down glycogen to fuel your workout. Rest gives your body time to replenish these energy stores before your next workout.
- **Prevents Muscle Fatigue.** Rest is necessary for avoiding exercise-induced fatigue. Remember, exercise depletes your muscles' glycogen levels. If these stores aren't replaced, you'll experience muscle fatigue and soreness. Plus, your muscles need glycogen to function, even when you're not working out. By getting adequate rest, you'll prevent fatigue by letting your glycogen stores refill.
- **Reduces Risk of Injury.** Rest is necessary for avoiding exercise-induced fatigue. Remember, exercise depletes your muscles' glycogen levels. If these stores aren't replaced, you'll experience muscle fatigue and soreness.Plus, your muscles need glycogen to function, even when you're not working out. By getting adequate rest, you'll prevent fatigue by letting your glycogen stores refill.
- **Improves Performance.** When you don't get enough rest, it can be hard to do your normal routine, let alone challenge yourself. For example, you might be less motivated to do an extra rep or run another mile. Even if you push yourself, overtraining decreases your performance. You may experience reduced endurance, slow reaction times, and poor agility. Rest has the opposite effect. It increases energy and prevents fatigue, which prepares your body for consistently successful workouts.
- **Supports Healthy Sleep.** While regular exercise can improve your sleep, taking rest days is also helpful. Physical activity increases energy-boosting hormones like cortisol and adrenaline. Constant exercise, however, overproduces these hormones. You'll have a hard time getting quality sleep, which only worsens fatigue and exhaustion. Rest can help you get better sleep by letting your hormones return to a normal, balanced state.

SIGNS YOU NEED A REST DAY

- **Sore Muscles.** While it's normal to feel sore after exercise, persistent soreness is a red flag. It means your muscles haven't recovered from past workouts.
- **Fatigue.** Pay attention to extreme exhaustion. If you feel spent, let your body rest.
- **Pain.** Muscle or joint pain that doesn't go away might be a sign of an overuse injury.
- **Emotional Changes.** When you're physically burnt out, hormones like serotonin and cortisol become imbalanced. This can cause changes like irritability, crankiness, and mood swings.
- **Sleeping Issues.** High levels of cortisol and adrenaline can make it hard to get quality sleep.
- **Reduced Performance.** High levels of cortisol and adrenaline can make it hard to get quality sleep.

HOW TO DO REST DAYS

The idea rest day looks different for each person. It depends on the intensity and frequency of your normal routine, along with your lifestyle outside of exercise. However, there are general guidelines for incorporating rest days in various workouts.

Cardio

Typically, rest days aren't necessary for light cardio. This includes activities like leisurely walking or slow dancing. It's safe enough to do every day, unless your doctor says otherwise.But if you're doing moderate or vigorous aerobic activity, rest days are essential. It's recommended to take a rest day every three to five days. If you do vigorous cardio, you'll want to take more frequent rest days.You can also have an active rest day by doing a light workout, like gentle stretching.To determine when you should rest, consider the recommendations for aerobic activity. Each week, adults should get 150 to 300 minutes of moderate activity or 75 to 150 minutes of vigorous activity. You can also do a combination of moderate and vigorous activity.These guidelines can help you plan your rest days. For example, if you'd like to do three days of 50-minute vigorous cardio sessions, you can plan rest days and other workouts around them.

Running

While running is a form of cardio, it usually requires a different approach to rest days. If you're a beginner, start running three days a week. Running too much too soon can lead to fatigue and overuse injuries. On the other days, let yourself rest or do different activities. Your other workouts should involve muscles you don't use while running. Rest days are even more important if you're training for a marathon. In the last three weeks before the event, it's best to rest more often. A personal trainer or running coach can explain how to rest based on your goals.

Bodybuilding

Bodybuilding, or weight training, incorporates rest days by rotating the muscles worked.After exercising a specific muscle group, let it rest for one to two days. This gives your muscles a chance to repair and heal.On the other days, train different muscles. Be sure to work opposing muscles to keep your body balanced.One way to do rest days is to assign a day for each body part. For instance, Monday can be leg day, Tuesday can be chest day, and so on.

For Weight Loss

If you're trying to lose weight, you should still have regular rest days.Rest allows your muscles to rebuild and grow. And when you have more muscle, you'll burn more calories at rest. That's because muscle burns more energy than fat. Additionally, when you feel refreshed, you'll be more likely to stick to your exercise routine.

If you are new to exercise, or you haven't worked out in a long time, talk to an exercise profession such as a Health Coach. You can also talk to your physician if you have concerns about your health/ability. A professional can determine the best workout for your fitness level. They can also help you increase intensity, duration, and speed in a safe way. Most importantly, they can explain how to incorporate rest days based on your personalized routine.

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THE EFFECTS OF EXERCISE ON THE BODY SYSTEMS

THE BODY'S MAIN PHYSIOLOGICAL SUPPORT SYSTEMS ARE THE MUSCULOSKELETAL, CARDIOVASCULAR, RESPIRATORY, DIGESTIVE, IMMUNE, NERVOUS, AND ENDOCRINE SYSTEMS

The Musculoskeletal System

The skeleton creates a supporting framework and protects the body's vital organs. The bones also act as a reservoir for calcium and other minerals. Weight-bearing exercise strengthens your bones and helps prevent osteoporosis.

Exercise also increases muscle strength, coordination, and balance. Your muscles (and connective tissue linking the bones) are important for maintaining upright posture against gravity and enabling movement. They also produce heat. Movement of the joints lubricates them with synovial fluid, reducing stiffness. Stretching exercises can facilitate mobility and flexibility of the joints, increasing your range of motion.

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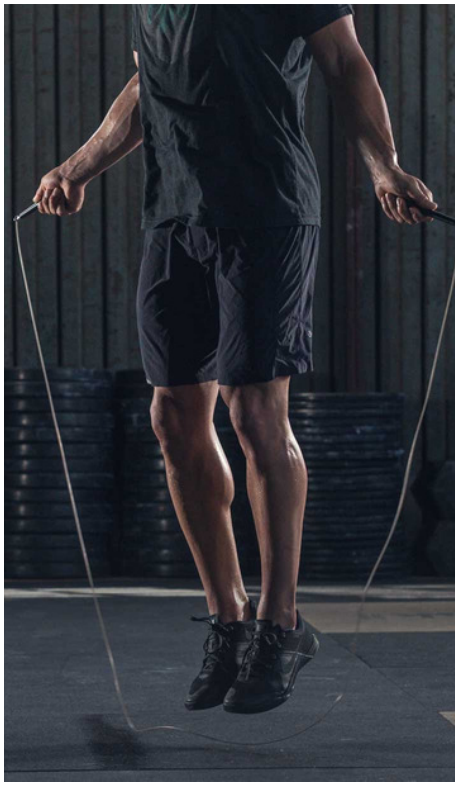
The Cardiovascular Systems

At the center of the cardiovascular system is your heart. Along with the blood vessels, it forms a network for carrying blood containing oxygen and nutrients to the body, and removing waste (carbon dioxide). Physical training strengthens your heart and normalizes blood pressure, lowering your risk of heart disease.

The Nervous and Endocrine Systems



Your nervous system consists of the brain and nerves. Its function is to receive, store, process, and send information. It controls functions such as heart rate and breathing, as well as motor movement. Exercise calms your nervous system, as a result of better circulation and reduced muscle tension. Recent studies have shown that regular exercise may also improve thinking skills and enhance memory.

The endocrine system is closely associated with the nervous system. It sends hormones to the body to control growth, blood sugar levels, body temperature, and metabolism. Exercise regulates your hormonal balance, enhancing organ function and physical fitness, and lifting your mood.

The Digestive and Respiratory Systems

The lungs provide the body with oxygen, which is necessary for cellular survival. Exercise increases the flow of oxygen-rich blood to the body and contributes to the elimination of carbon dioxide. The effects of exercise on respiration are seen almost immediately.

Your digestive system breaks down food into usable nutrients and eliminates waste products. Over time, it tends to get sluggish and works less efficiently. Exercise contributes to proper functioning of the digestive system, and aids the elimination of waste.

Source: https://www.livestrong.com/article/123164-effects-exercise-body-systems/