

FAST FACTS

Over exercise

More is not always better

Over exercising will mean different things to different people in the same way nutrition is completely individual.

You might over exert or over train:

- in the moment of one workout (you push beyond your current abilities)
- across a week or month (you train too frequently or don't have enough variability in your training plan)
- long term over-exertion (you consistently push your body harder and/or longer than it has capacity for)

To determine what over exercise is, we need to be willing to notice and pay attention to feedback your body is giving you. In the same way that your body has many systems that are all interwoven, we can't only consider movement when we're assessing total body overload. We also need to factor in sleep (duration and quality), nutrition (variety and quality), stress, connection. These other factors may in fact increase or decrease your capacity for exercise.

The state of exercising harder or longer than the physiology can support most often shows up:

- when someone has set a goal and won't adjust or pivot if training is too intense
- when someone is not able to or willing to listen to their body's feedback
- when exercise serves an outcome like achieving a certain body type/aesthetic or being part of a group

Some of the symptoms of over exercising include:

- **Persistent fatigue:** Over-exercising can lead to excessive fatigue that doesn't improve with rest. Someone who is overtraining may feel constantly tired and lacking in energy
- **Decreased performance:** Instead of improving, their athletic performance may decline or plateau despite increased training efforts
- **Increased resting heart rate:** A consistently elevated resting heart rate can be a sign of overtraining. This is because the body is working harder to recover
- **Insomnia or disrupted sleep patterns:** Overtraining can interfere with sleep patterns, leading to difficulties falling asleep or staying asleep



- **Muscle soreness and joint pain:** Persistent muscle soreness, joint pain, and an increased susceptibility to injuries can be signs of over-exercising. This is because the body isn't getting adequate time to repair and recover
- **Decreased immune function:** Overtraining can weaken the immune system, making the person more susceptible to illnesses like colds and infections
- **Loss of appetite or changes in eating habits:** Over-exercisers may experience a loss of appetite, or they may have irregular eating habits, which can lead to nutritional deficiencies
- **Weight loss or inability to gain weight:** Excessive exercise without adequate nutrition can lead to unintentional weight loss or difficulty gaining muscle mass
- **Hormonal imbalances:** Overtraining can disrupt hormonal balance, leading to irregular menstrual cycles in women and changes in testosterone levels in men
- **Persistent injuries:** Frequent injuries, such as stress fractures, tendonitis, or repetitive strain injuries, can indicate overuse and overtraining
- **Mood changes:** Over-exercising can also affect mental health. Individuals may experience mood swings, irritability, anxiety, or depression
- **Decreased motivation:** A noticeable decrease in enthusiasm for exercise or a lack of motivation to engage in activities they once enjoyed can be a sign of overtraining

If you notice symptoms of over exercise, remember to ask yourself if your training approach would have a more sustainable lifespan if you amended it to meet your current biology and physiology.