Exercise: How much is too much?

Do you feel guilty if a day goes by when you don't work out?

Are you depressed if you are unable to exercise?

Do you feel tired and lethargic, yet still have trouble sleeping?

Do you have injuries that don't seem to heal?

Are you reluctant to take time off to heal injuries?

Are you ignoring aspects of your work, social life or family life?

Do you increase or decrease your exercise, based on your weight or what you have eaten?

Do you feel compelled to work out even if you are tired?

Do you suffer from insomnia, undesired weight loss, fatigue, lethargy, irritability, loss of menstrual periods, multiple chronic injuries, or stress fractures?

If you answered "Yes" to several of the above questions, you are probably exercising too much.

Here are some suggestions to break over-exercising:

- Focus on health and fitness versus appearance.
- Trust your body cues. Listen when your body says "I'm tired," or "I ache."
- Take rest days, or at least days where you do low level activity only (Heart rate < 65%).
- Avoid linking eating and exercise.
- Don't let exercise determine your self-worth.
- Vary the intensity of your workout.
- See a Specialist for further advice. Fatigue may be due to medical reasons, which should be explored. There are various approaches to managing overtraining and monitoring you while you start training again.