

# *You Can Do It! LLC*

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## Welcome to September!

Fall is on its way! ☺ Kids are going back to school and You Can Do It! LLC has fall classes starting up.

This month's newsletter talks about the new fall classes, shares an announcement about our new Website, announces a video that will soon be available and discusses the topic of overtraining (our feature story).

The overtraining information comes to you from the July/August 2007 volume of ACSM's Health & Fitness Journal. I've noticed that a few of my clients seem to be overtraining. If this is the case, I do hope the information provided in this newsletter will help you re-evaluate your workout and make changes where needed. Feel free to talk to me if any concerns come up as you read the feature story regarding overtraining and your workouts.

Carol Lee

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## Updates and Happenings

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### September

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- Building Bones Step by Step begins Sept 10
- Nordic Walking in Medford starts Sept 12
- Nordic Walking with Ashland Park and Rec begins Sept 25

See our new Website for schedule details:

[http://www.youcandoitnow.net/class\\_schedule.shtml](http://www.youcandoitnow.net/class_schedule.shtml)

The Fall Building Bones Step by Step class will be broken up into **three** class sessions. In each class session, you can pay for one class, two classes, or three classes per week, per session. You pay according to how many times a week you want to attend class: once a week, twice a week, or three times a week!

By the way, I'm making a video of my osteoporosis prevention class at the Grove. My goal is to produce a 30-minute, "Building Bones Step by Step" video by the end of October. If you want to do the exercises on your own or you just can't quite get to class in time, you can purchase a DVD and do them in the comfort of your own home. Let me know if you would like one hot off the press for only \$25. **Note:** This is the first of two videos—the next will focus on osteopenia.

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## Check Out Our New Website

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I am very sorry if you were unable to open the new Website last month from the announcement I sent out. There seemed to be some unacceptable characters in the Web address I posted in the email.

In case you haven't yet seen the site, the correct Web address is:

[www.youcandoitnow.net](http://www.youcandoitnow.net)

Please check it out!

## Overtraining: The Energy Thief

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Overtraining robs you of your energy and your training benefits. It is responsible for decreased or impaired performance, and increased fatigue ... when training AND in your day-to-day life. Overtraining occurs when training is dramatically or suddenly increased, lasts for sustained periods, or is performed at high volume and/or high intensity without a sufficient recovery period. A varied training program and regular evaluations are necessary to prevent overtraining and improve performance.

The symptoms of overtraining fall into two categories: physiological and psychological. As you read about the various symptoms, consider whether you're suffering from any of them and then evaluate whether you are overtraining.

### Physiological Symptoms

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The physiological symptoms are many and varied. They include any of the following:

- Altered resting heart rate and blood pressure
- Chronic fatigue (if you've had this for awhile, even before you began any type of training program, it's probably not from overtraining)
- Decreased efficiency of movement and physical performance
- Decreased maximum work capacity
- Frequent nausea/gastrointestinal upsets
- Headaches
- Impaired muscle strength
- Inability to meet previously attained performance standards or criteria
- Increased frequency of respiration
- Insatiable thirst
- Insomnia
- Joint aches and pains (if you have arthritis this might be a part of each day and not over training)
- Lack of appetite
- Lower percent of body fat
- Menstrual disruptions
- Muscle soreness and tenderness
- Prolonged recovery from exercise
- Reappearance of previously corrected mistakes in your performance

### Psychological Symptoms

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"Mood changes are an early and sensitive marker of overtraining. Emotional disturbances usually occur before a noticeable drop in performance and (the emotional disturbance) parallels an increased training load."

Psychological symptoms of overtraining include:

- Change in personality
- Decrease in self-esteem and motivation to work out
- Difficulty concentrating during work, school or training
- Emotional instability
- Fear of competition

- Feelings of sadness and depression
- General apathy
- “Giving up” when the going gets tough
- Easily distracted during tasks

I encourage you to really evaluate your workout, as well as other aspects of your life, to see where your physical workouts and lifestyle choices are affecting your emotional health.

## **Resistance Overtraining**

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Overtraining with resistance workouts (machines and free weights) comes from excessive training volume over an extended period, as well as excessive training intensity. Excessive training volume means adding more exercises, performing more sets and/or increasing the frequency of workouts. Excessive intensity also means using too great a weight for prolonged periods.

One way to avoid resistance overtraining and maximize your performance gains and recovery is to periodically change your workout. This also minimizes burnout.

## **Overtraining and the Immune System**

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Overtraining suppresses your body's immune system, increasing the probability of illness.

“Recreational enthusiasts who enjoy competing in athletic events or are adamant about daily workouts should be aware that a string of illnesses might be linked to overtraining. Oftentimes, individuals who are serious about training may attempt to ‘work through’ an illness, only to prolong symptoms or cause a recurrence, which further delays training at optimum levels. An appointment with a physician is in order for any one who has an especially severe illness, cannot ‘shake’ a prolonged ailment, or has recurring bouts of poor health.”

## **Nutrition**

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Nutrition is also an important factor in overtraining. “Overall fatigue and injury often occur when energy expenditure continually exceeds caloric intake, and the body is not properly fueled to sustain exercise. Early warning signs are loss of appetite and unnecessary or unwanted weight loss.”

When we exercise, our metabolism increases and we must remember to re-fuel the body with healthy sources of carbohydrates, proteins and fat. When it comes to nutrition, I think of automobiles. How long can you drive your car without refueling the engine? If you don't eat breakfast when you get up in the morning, think how long it's been since you last re-fueled your engine with healthy sources of food!

## **Rest**

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The most important thing to remember from this newsletter is to rest. Rest is especially required if you overtrain. The body will recover when given the chance. Recovering from overtraining is different for each individual. For one person, it might mean taking off a full day or two or three from exercising. For another person, it might mean going for a casual walk in the park instead of a fast walk or run. A day of stretching instead of lifting weights might be adequate for you. Rest might also mean doing fewer sets or repetitions with your resistance workout or lowering the weight.

Getting to know your body and its limitations is absolutely essential so you know what it feels like when you are overtraining and can then take care of your body to avoid injury or illness. Help from others such as trainers, doctors, friends, is also an important part of your fitness success.

### **In Closing**

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Check into your workout routine and how you are feeling. If you're exhausted all the time, what's going on in your life? Have you changed or added to your workout routine?

Have a great fall and I hope to see you soon.

Carol Lee