



PREVENTION OVER CURE

Written by Chelsea Page-Phillips, Wellness Coach and Team Leader at Healthoutfit.

Remember that niggle you felt in your hip? Then the niggle in your knee? I certainly do! During my football career, I was training three times per week plus match days. Added to that were hard gym sessions and no rest days. Then it all caught up with me – in the form of knee reconstruction surgery, which meant my training was completely stripped back and I was not able to return to sport for one year.

I learned about injury the hard way. Maybe you haven't experienced something this extreme, but perhaps you're experiencing minor injuries? If you are ignoring those niggle signals from your body or still have the mantra of: **'No pain no gain'** or are afraid of being 'benched' (whatever that may mean to you) then it's time to take look at how you structure your training, discover the smartest approach to injury prevention and build in rest days.

WHY ARE REST DAYS SO IMPORTANT?

Exercise is a proactive way for us to treat, delay, and even prevent many health conditions. Unfortunately, a lot of us neglect to think about the benefits of exercise on quality of life. In fact, we live in a generation where we treat exercise as punishment and that rest days are a sign of weakness.

WHAT ARE ACTIVE REST DAYS?

Now rest doesn't mean sitting and doing nothing, you still want to include activity, this could be going out for a walk and getting a higher step count, going for a swim, or taking the time to focus on your flexibility.

The aim is to simply reduce intensity and keep moving.





WHY ARE REST DAYS SO IMPORTANT?

When we exercise, we are effectively stressing our muscular system and our central nervous system (CNS). The only way we can adapt to this stress and progress beyond it, is to allow time for healing. What benefit do rest days actually deliver?



Alleviate muscle pain and soreness



Repair and build muscle



Replenish the body's energy stores



Prevent injury

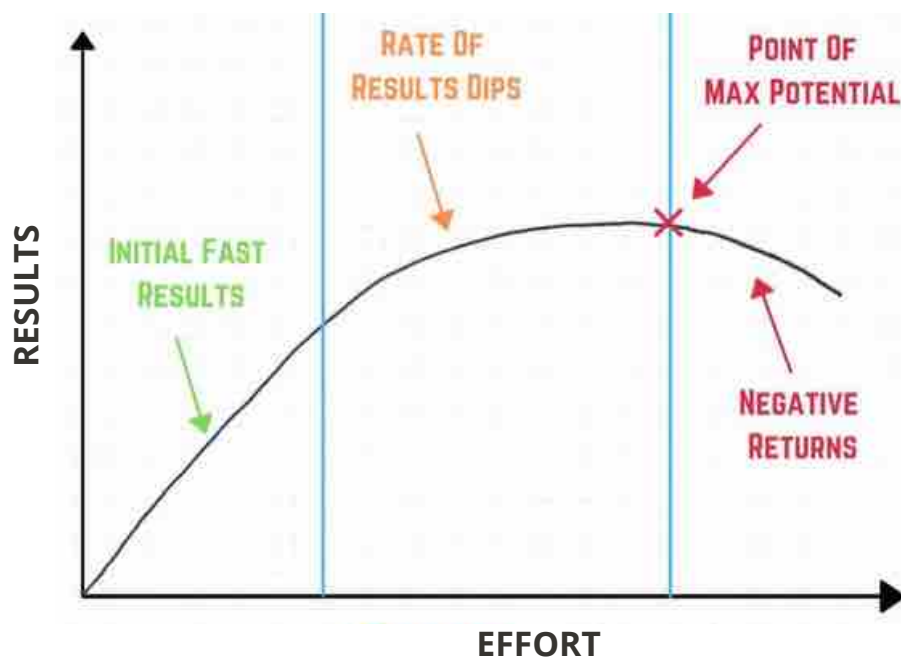


And allow our mind to rest (remember that CNS I mentioned?)

THE LAW OF DIMINISHING RETURNS

Overtraining is a common occurrence we see as personal trainers. Often people think they need to go harder and train more to get the results they want; this is in fact quite the opposite and we call this the law of diminishing returns.

LAW OF DIMINISHING RETURNS





HOW DO I KNOW IF I'M OVERTRAINING?

If you experience any of these signs it may be time for some well-earned rest

- Your muscles are constantly sore
- Picking up more injuries than normal
- You're exhausted
- Sleep problems

WHAT'S THE TAKE-AWAY?

It's simple really: **schedule in regular rest days.**

Don't wait for something serious to happen before you take action. ***Prevention is always better than cure.*** If training in the gym, running or attending a HIIT class is what sparks your joy that's great, but don't be scared to step away and do something that's easier. It's not a sign of weakness (trust me!) and your body will truly thank you.

If this resonates with you and you want to do what's best for your health, then give one of our Wellness Coaches a shout: pt@healthoutfit.co.uk.

Chelsea began her fitness journey as a kids sports coach and working in small local gyms at the age of 18. Now, as a certified Level 3 Personal Trainer and NASM Behavioural Change Specialist, Chelsea's knowledge and skills give her an expert edge.

Chelsea believes in teaching fitness smarter, not harder. Challenge yourself, absolutely! But not every session is about running yourself into the ground. Chelsea's focus is to equip you with the tools you need to create a sustainable approach and positive, healthy habits. You can have your fitness cake and eat it too!

