Enough Already!

Yes, there is such a thing as too much exercise.

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Not taking a break from working out can lead to overtraining syndrome (OTS), warns the American Council on Exercise. In turn, OTS can decrease your fitness level and result in possible injury. Here are some signs that you may be overworking your body.

Decreased performance. If you increase your training intensity and frequency but don't see any results, this is a telltale sign that you're overtraining.

Excessive fatigue. Of course, working out can drain you. But not giving your body the chance to rest and recover before resuming fitness activities can deplete your energy supply and leave you exhausted.

No appetite. Are you not eating like you used to? Although more training should stimulate your appetite, exhaustion related to OTS can kill your desire to eat.

Chronic or nagging injuries. Overuse of your muscles and joints can stress the joints and result in constant aches and pains. If you're hurting for more than two weeks, you may be badly injured.

The solution? Get to your doctor ASAP for a checkup.

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http://beta.docker.realhealthmag.com/article/enough-already-overtraining