

## TOO TIRED TO EXERCISE ?

HOW DO YOU EXERCISE WHEN YOU ARE TIRED ALL THE TIME ?



## THE PROBLEM IS, THE LESS WE EXERCISE, THE MORE TIRED WE BECOME.

It's common these days to feel too tired or worn out to exercise. Packed schedules, poor sleep and some medical conditions can all cause fatigue. Just the fast pace and the complications of our lives can make us feel too tired to hit the gym or go for a walk.

This Resource will look at:

1. Figure out why you're tired
2. Understand the reason you want to exercise
3. Tips to help you

## THERE ARE A NUMBER OF IDENTIFIABLE CAUSES OF TIREDNESS



### **RULE OUT A SERIOUS MEDICAL PROBLEM.**

- Some Medical conditions to be aware of include Diabetes, underactive thyroid, chronic fatigue syndrome, long COVID and hepatitis. Signs to watch out for include physical pain when you exercise and if your tiredness comes with symptoms such as:
- Fever or night sweats
- Loss of appetite
- Weight gain
- Joint or muscle pain
- A headache or sore throat
- Problems with memory or concentration

### **MUSCULOSKELETAL PAIN**

Spinal, Joint and muscular pain can make it hard to exercise. See our physiotherapist for a thorough assessment of your condition, manual treatment techniques, advice and rehabilitation exercises you can include in your routine or program. The evidence is clear that exercise is one of the most beneficial strategies for managing pain. This is reflected in clinical guidelines that universally recommend exercise as a front-line management for almost every single pain problem.

Exercise equals movement, and movement is good for your wellbeing and the health of your body, even if that part of your body is experiencing pain.

# HINDMARSH AND FITZROY PHYSIOTHERAPY

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## MOOD DISORDERS

Anxiety or depression can also make you feel tired or lethargic. Research shows that regular exercise can be used to treat some mood disorders, but it's important to also get medical advice and support.

## A BUSY LIFESTYLE- THIS IS THE MOST COMMON

Work stress, long commutes, hectic schedules, managing family- elderly parents, kids and partners, can leave us feeling too tired to exercise, while poor sleep can affect our overall energy levels.

If your lifestyle leaves you exhausted, you may be tempted to skip exercise altogether. But try not to, as working out may make it easier to cope with a busy lifestyle



## JUST DON'T LIKE EXERCISING

Keep your expectations realistic and try not to feel discouraged if it feels like a chore at first. Stick with it, and you'll find that exercising becomes easier and more enjoyable every day.

## TIREDNESS FROM WORKING OUT

If you've just started, it can take up to two weeks to stop feeling tired and start feeling energized. That's why most people don't stick with it— they get frustrated by soreness and fatigue one week in and never get past that two week period.

Your body has to adapt, once this happens you'll feel better.

If you're not new to working out, and it's been more than two weeks, then you're pushing yourself too hard. If you're burning yourself out at the gym every day, and not allowing your body to recover, you'll hit a wall. You shouldn't be working the same muscles every single day to fatigue. And you have to take at least one rest day a week.



## RUN DOWN AND SICK

If you're sick, you should not hit the gym. For one, you don't want to spread germs around on all the equipment and get others sick, too. But, when you're sick, you need rest to recover.

Your body is too busy fighting an infection; it doesn't need the added stress of repairing your muscles, too.

If you're only feeling run down, or a bit sick, you could do some gentle yoga or go for a walk and get fresh air. It'll help you recover and get some movement in without straining your body.



## FIGURE OUT YOUR “WHY” AND YOUR GOAL

This is the crucial first step for maintaining exercise and long term success.

You need to establish your goal, in a measurable way.

You need to know why you want it, to push you through the days you are too tired.

It has to be something that benefits you, and no one else.

So if you want to lose weight, drop your blood pressure, improve your sugars, lower your cholesterol, get fitter, look better, have less pain etc - it should be for you.

Then establish your goal to get there. Make sure your goal is realistic.

If you want to lose weight, figure out how much.

If you want to shed body fat, set a goal percent.

You're getting fit so your blood pressure goes down? Figure out your goal blood pressure and ask your doctor about what weight you'd need to hit.

Want to become more flexible? Pick a posture or yoga asana that you want to be able to do.

Do you want to become stronger? Decide on how much weight you want to lift, press, or squat.



## SOME TIPS TO HELP WHEN YOU'RE TOO TIRED

Remember your goal

### Exercising on a busy schedule

If you struggle to fit exercise into your daily routine, try:

- Exercising in short 10-minute bursts
- Choosing simple exercises that you can do at home or the office
- Sticking to physical activities you enjoy

### If you're too tired to work out after work

If you have a stressful job, work long hours, have a long commute, or just feel drained from your workday, the gym is the last place you want to go afterward.

- So, change your routine.
- Wake up earlier and go to the gym before work.
- Workout on your lunch break. Or,
- Switch gyms to one that's right by your work. Then it won't be out of the way, and you can go there straight after work before you start driving and getting tired. Besides, you'll be able to skip the evening rush hour that way.
- Rather than skip it all together- try a different pace, do a yoga or stretch class, go for a walk, pilates instead of High intensity.

### What should you do if you just don't enjoy it?

It's important to still make time for a workout, but you may find it easier to follow through on your workouts if you:

- Start small, with 10 to 15 minutes of exercise each day
- Pick activities you enjoy, like dancing or walking
- Set an exercise goal and reward yourself every time you achieve it
- Integrate everyday activities like climbing the stairs or cycling to work
- Switch activities every time you get bored
- Work out with a friend.

## Ditch sugar

Sugar may give you an initial energy boost, but it comes with a hard crash and lots of inflammation. Sugar can be one of the biggest reasons you feel sluggish all day, it's in everything, and it's addictive.

## Drink more water

It'll help you detox your body, dehydration can make you feel much more tired and inhibit your ability to perform and think clearly.

Try adding in one more cup of water a day to start and notice how much more awake you feel after you get a drink.

## Work with a professional

A skilled health professional can create an exercise routine appropriate for your fitness level and health.

An appropriate workout routine that helps you reach your goals and strengthen your body. Strength, flexibility, and posture assessments are where we start. If someone has an imbalance in their posture, flexibility, or their strength is different side to side, that can fatigue the body more. One side is overcompensating for the other, and may cause pain as well.

Working with our physios or exercise physiologist can positively impact your life, health, and energy levels. **Starting exercise is all about motivation but maintaining exercise is more about discipline and accountability.** Our health professionals can help you to do this.

**STAY ACCOUNTABLE- TRACK YOUR WALKS AND RUNS HERE**



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We are committed to supporting you and your familys' physiotherapy needs. Please reach out to our team if there is anything we can do.

*As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.*

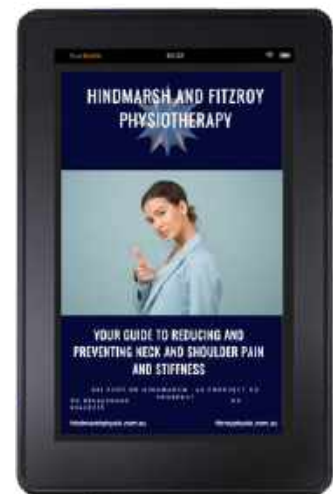
## OTHER RESOURCES



### WHAT INJURY IS THIS



### MANAGING BACK PAIN



### NECK PAIN GUIDE

To access our free E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or **CONTACT US ONLINE HERE** if you would like an appointment

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