



Symptoms of Excessive Exercise

By Jenny Tomei



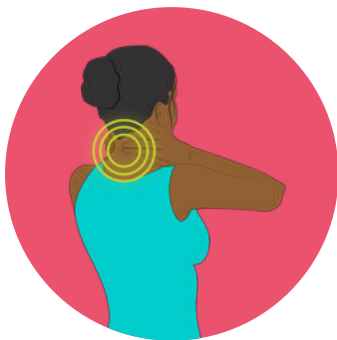
Typical indicators of excessive exercise are that you're most likely ignoring signs of sickness or injury, spending hours in the gym at a time, and skipping social functions if they get in the way of your routine.

Rather than including exercise as part of a balanced lifestyle, you're placing your strict and obsessive regime at the top of your priorities list, and overworking yourself in this way can lead to a range of health problems.



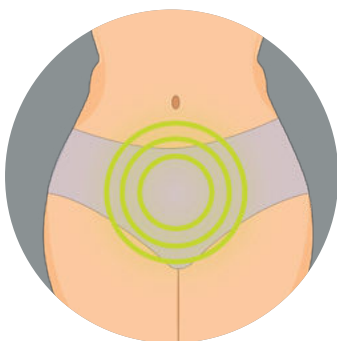
Digestive Issues

Caused by an excess release of the stress hormone cortisol and the redistribution of blood flow away from the intestine during overly strenuous exercise, the phrase 'leaky gut' is used to describe the leaking of toxic substances through the injured GI wall and into the bloodstream. This imbalance of good and bad bacteria in the gut can lead to an array of short and long-term gut problems, such as diarrhoea, bloating, widespread inflammation, and nutritional deficiencies.



Aches and Pains

Quite achy muscles are an expected and totally normal side effect of working out, but if you're struggling with ongoing muscle or joint pain, or keep finding yourself getting injured for no particular reason, then it's likely that you're pushing your body too hard. By exhausting yourself, you'll also be more prone to infections and fatigue.



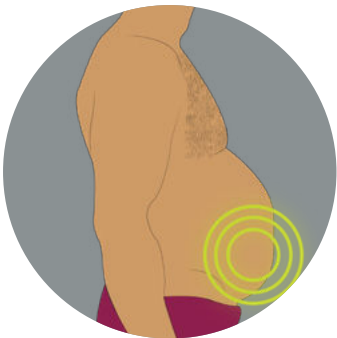
Menstrual Mayhem

The combination of frequent strenuous exercise with a very low intake of calories or fat can cause the hypothalamus gland in the brain to slow or stop the release of the hormone that starts the menstrual cycle. This loss of the menstrual cycle is called amenorrhea, and can lead to a higher risk of osteoporosis - whereby bones are significantly weakened and therefore break and fracture easily.



Increased Stress Levels

If you push your body too far this can increase cortisol levels within the body, raised cortisol levels can lower metabolism, which can cause easy weight gain down the line, and wear down muscle tissue overtime. Raised cortisol levels can also slow down your metabolism which may cause GI distress.



Gut Issues

Excessive exercise combined with a restrictive diet can cause RED-S syndrome (relative energy deficit), and you're also putting your body at risk of burn out. Not eating enough food in general, or cutting out certain food groups, can disrupt your gut bacteria. This bacterial imbalance can affect one's immune system, digestion and can contribute to symptoms of IBS or IBD.



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