

## EXCESSIVE EXERCISE: ITS DELETERIOUS EFFECTS

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Excessive exercise, also known as overtraining, can have detrimental effects on both the body and the mind. While regular exercise is important for maintaining physical and mental health, overdoing it can lead to a host of negative consequences.

One of the most common effects of excessive exercise is physical injury. Overuse of certain muscle groups or joints can lead to strains, sprains, and even stress fractures. Additionally, overtraining can cause chronic fatigue, which can make it difficult to perform even the most basic activities. Overtraining also causes a decrease in muscle mass and strength, which can lead to a decrease in overall fitness.

Mentally, excessive exercise can lead to burnout and a lack of motivation. When the body is constantly pushed to its limits, it can become exhausted and unmotivated to continue. This can lead to a decrease in the overall quality of life and an inability to enjoy physical activity.

Excessive exercise can also lead to a host of other health problems. It can disrupt normal hormone levels and metabolism, leading to weight gain, fatigue, and decreased immunity. Additionally, it can lead to an increased risk of developing certain health conditions, such as heart disease and diabetes.

It's important to note that excessive exercise is not limited to just athletes and fitness enthusiasts. Many people who are trying to lose weight or improve their health may unknowingly push themselves too hard. It's important to consult a doctor or a personal trainer to create a safe and effective workout plan that is tailored to your individual needs.

According to Kim (2018), excessive exercise can increase the risk of cardiovascular events, especially in individuals with underlying heart conditions. With this, it's important to listen to your body and be aware of the signs of overtraining. These may include persistent muscle soreness, fatigue, and a lack of motivation. If you experience any of these symptoms, it's important to take a break and allow your body to rest and recover.

In conclusion, regular exercise is an important part of maintaining physical and mental health, but excessive exercise can have detrimental effects. It's important to consult a professional, listen to your body, and be aware of the signs of overtraining.

Remember to balance your exercise routine with adequate rest and recovery to avoid the negative effects of excessive exercise, and to maintain optimal health.

#### *References:*

Kim, J. H., & Malhotra, R. (2018). Exercise and heart disease: an overview of the scientific evidence. *Progress in Cardiovascular Diseases*, 60(1), 33-44.)