

How Much Should I Exercise?

Do I exercise too much?

- Do you feel guilty if a day goes by when you don't exercise?
- Do you feel depressed if you are unable to exercise?
- Do you feel tired, yet have trouble sleeping?
- Do you have injuries that don't seem to heal?
- Are you reluctant to take time off to let injuries heal?
- Are you putting exercise first, in front of social life, family life, or work?
- Do you feel compelled to work out even though you are tired?
- Do you increase or decrease your exercise based on what you have eaten?
- Do you have insomnia, undesired weight loss, fatigue, irritability, loss of menstruation, chronic injuries, or stress fractures?

Do I exercise too little?

- Do you find other things to do with your time so you don't have to exercise?
- Do you procrastinate a workout or the start of a new exercise program?
- Do you often skip a workout that you previously scheduled for yourself?
- Do you have trouble concentrating or falling asleep at night?
- Do you feel tired throughout the day?

I exercise the correct amount for me

- I can concentrate well and fall asleep easily.
- I don't have unwanted weight loss, irritability, or chronic injuries.
- I am okay when I don't exercise and it's easy for me to get back to my routine.
- I let my injuries heal when they need to.
- I know what my priorities are in life and a healthy body is one of them.
- My diet is consistent and doesn't change with the amount I exercise.
- I look forward to exercising when I can.
- I have energy to last throughout my workout and throughout the day.

American College of Sports Medicine guidelines for exercise

Frequency	3-5 days a week
Intensity	50%-85% of estimated maximum heart rate
Duration	20-60 minutes of aerobic exercise
Resistance	Moderate Intensity, 1 Set, 8-15 reps, \geq 2 non-consecutive days a week

The previous guidelines are in place to give you a range of the correct amount of exercise. Every person is different; some may be at the low end of the range and some at the high. If you have questions about what is correct for your schedule and your goals, visit the Sportwell Center for a fitness and/or nutrition consultation.

Reference

Otis, C., Goldingay, R., Exercise Abuse- Have You Gone Too Far?, 2000
www.sportsdoctor.com/articles/abuse.html

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>