



# SAINT FRANCIS SPORTS MEDICINE

Making athletes of all ages BETTER, STRONGER, FASTER since 1995.

- ⊕ Avoid Overtraining with These 7 Simple Strategies
- ⊕ Wearable Technology Holds its Ground as Top Fitness Trend

## Follow These 7 Strategies to Avoid Overtraining

Having the motivation to get to the gym or put in the miles necessary to excel in your athletic endeavors is admirable... to a point. Knowing when to ease off the throttle so as not to hit the dreaded overtraining wall requires preventive strategies that protect you from yourself.

“Physical and mental burnout is a very real issue that can inhibit the joy of exercise, as well as the pursuit of goals,” said Matt Holder, ATC, athletic trainer at Saint Francis Medical Center. “Our athletic training team has seen a lot of cases where following a few simple strategies could have prevented the frustration of overtraining and hitting a plateau.”



Matt Holder, ATC,  
Athletic Trainer

### Sleep More

Your body needs sleep to recover from physical and mental stresses that occur throughout the day. Giving it ample opportunity to do its job will help maximize your physical performance the next day. While the amount of rest needed varies by individual and depends on training

## SERVICES

|                                |              |
|--------------------------------|--------------|
| Athletic Republic™ .....       | 573-331-5345 |
| Concussion Clinic .....        | 573-339-4544 |
| Injury Screening .....         | 573-331-5153 |
| Impact Testing .....           | 573-331-5980 |
| Outpatient Rehabilitation..... | 573-331-5153 |



*Medicine to the Highest Power*

For more information, please visit  
[www.sfmc.net](http://www.sfmc.net) or call 573-331-5153.

(continued)

load, at least seven hours and as much as nine hours per night is a good target.

### **Take 2 Days Off — Completely**

Taking time away from the gym or off the roads is more important than actually training, especially during periods when your body is trying to tell you it needs a break. A common mistake for people struggling to get past the overtraining doldrums is to train more, when in fact taking a timeout is the best strategy. Use the time away to reassess your training program and consider some cross-training alternatives.



### **Train Hard in Stages**

Training hard every day might sound attractive at first blush, but eventually your body will rebel. Plan some less-intense days into your workout schedule to help avoid falling into the rut of overtraining. This strategy — known as periodization — can help your body and mind recover on days when they're not required to be going all out.

### **Fuel Your Body with Carbs**

That's right, your body needs carbohydrates to burn as fuel during those hard workouts. A recent study in

the Journal of Sports Sciences notes that sufficient carbohydrate intake is essential to preventing overtraining. The body uses carbs for recovery, as well as energy, and you certainly want to make sure your body has enough carbs on board to avoid accessing muscle as an alternative.

### **Set Workout Duration Limits**

Limiting your hard workouts to less than an hour is a good way to avoid the negative effects of the hormone cortisol. Cortisol levels can increase in the bloodstream beyond that 60-minute mark and actually cause weight gain. Testosterone, the hormone responsible for muscle growth and maintenance, begins to decrease around that one-hour mark.

### **Deep Tissue Massage**

Loosen up your muscles and the knots that can form with some deep tissue massage. This therapy also can increase blood flow to your muscles and help the body eliminate lactic acid and other stress toxins.

### **Mix In Some Different Workouts**

Try not to fall into the habit of doing the same type of workout every day. For example, if you're a runner, mix in some weight training, core workouts and maybe even some swimming or biking. Different paces for your workouts also help the mind and body stay sharp, helping you adapt to different heart rates and physical demands that will pay off in better performances.

**For more information about ways to avoid overtraining, please call the Sports Medicine team at Saint Francis Medical Center at 573-331-5153.**

(continued on next page)

(continued)

## Wearable Technology Stands Strong as Top Fitness Trend

Wearable technology has endured beyond the point of just being the latest fitness fad. Devices such as those made by Fitbit have found their way into the workplace, as well as the gym as people seek to track their exercise and achieve fitness goals.

According to a survey of health and fitness professionals, the American College of Sports Medicine wearable technology outpaces such stalwarts as body weight training, high-intensity interval training, strength training, group training and yoga in terms of top fitness trends for this year.

“People love being able to track their activity, especially when it comes to reaching workplace wellness program fitness goals,” said Dianne F. Lawrence, BS, AFAA, Assistant Manager of Health and Fitness at Fitness Plus, Saint Francis Healthcare System. “Whether your activity is a structured workout or simply a brisk walk through the neighborhood, wearable technology can keep you accountable and on track.”

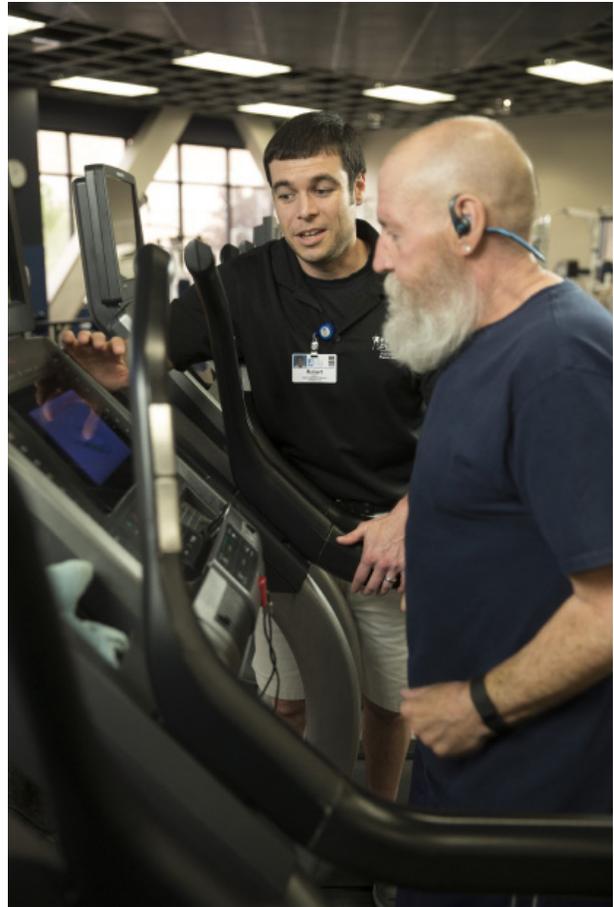


Dianne F. Lawrence, BS, AFAA, Assistant Manager of Health and Fitness at Fitness Plus

Wearable technology also can play a role in encouraging children to exercise as the childhood obesity rate continues to be a national problem. Saint Frances Healthcare System’s Fitness Plus actively works to combat this issue by offering more than 80 free classes each week geared toward virtually every age group, including teens.

The Fit Kids program, geared toward children ages 6 to 12, helps participants understand that being active and eating well are the keys to maintaining good health and staying fit for life.

Surveys also confirm that more individuals than ever are seeking the assistance of professional personal trainers and the structure of fitness programs. Maximizing the time devoted to staying fit is a primary driver behind this trend.



“People want to know they’re spending their workout time in the most efficient way possible,” Lawrence said. “Working with a professional trainer takes the guesswork out of exercise and provides a level of accountability not present when exercising alone.”

**For more information about fitness programs offered through Fitness Plus, please call the Sports Medicine team at Saint Francis Medical Center at 573-331-5153.**