

Adverse Health Effects of Vigorous Exercise

The health practitioners is fully embrace exercise as medicine and treatment of various health related issues but universal truth is that “excess of everything is bad” so exercise had benefits as well as adverse effects this editorial discuss the adverse health effects of vigorous exercise. The American Heart Association (AHA) recommends that young adults must involve in ≥ 150 minutes of moderate aerobic exercise every week or 75 minutes of vigorous aerobic exercise every week. They can also performed combination of these two exercise protocols for health and well-being. Physically active lifestyle showed number of health related benefits like greater heart health, improved sleep; reduce stress and improving immune system. On the other hand, vigorous and heavy exercise had serious negative effects on health. If exercise time per week is extending from 300 minutes then it leads to physical “Burnout” or Overtraining Syndrome (OTS) and consequences related to this syndrome. Same as medicine exercise is related to Dose-Response relationship leading to more health related benefits. But, there is a tipping point exercise greater than this point can leads to negative effects than positive effects. A person can reached to this point either by doing too much exercise without proper rest time or performing vigorous activity. Either a person is male or female they are at equal level of developing this syndrome so, there is opportunity to recognized the early signs to avoid it and prevent his/her self from adverse health outcomes. Basically it is an imbalance between exercise and recovery. People who over trained themselves are related to number of consequences related to it as they are more conscious about their health hence, they performed exercise even if they are injured or not feeling well which leads to serious health issues they often skip their social events for exercise.

Overtraining related to many adverse effects like Hormonal dysfunctional as vigorous training had negative effects on stress hormones which lead to anorexia by affecting hunger and satiety center, poor immunity, decreased performance and increased cardiovascular stress making heart rate difficult to return to normal required prolonged rest periods. In short, to prevent ourselves from overtraining a person must follow an optimal exercise program with proper rest or recovery intervals. By training to optimal level we prevent ourselves from chronic injury as too much exercise leads to prolonged fatigue and body aches. The benefits of exercise are more as compare to disadvantages but a person must know the positive as well as negative effects of exercise before starting a training program. Physical therapists have responsibility to provide proper guidance about benefits as well as adverse effects of overtraining before giving them exercise program.

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