

WHEN IS BEING ACTIVE BAD?



1. OVERTRAINING

An illustration featuring a man on the left and a woman on the right, both engaged in playing pickleball. The man is wearing a blue long-sleeved shirt, red shorts, a white headband, and a white necklace. He is holding a pickleball paddle with a blue and white checkered face. The woman is wearing a purple short-sleeved shirt, red shorts, and a red necklace. She is holding a purple pickleball paddle with a black and white checkered face. They are standing on a purple surface. The background is a light beige grid pattern. There are two yellow stars: one to the left of the man and one to the right of the woman. A large yellow rounded rectangle is positioned at the bottom center, containing text.

Exercising too much without proper rest can lead to injury, fatigue, and burnout. Your body needs time to recover.

2. MENTAL BURNOUT

Constant mental stimulation without breaks can lead to stress, reduced productivity, and mental exhaustion



SYMPTOMS OF MENTAL BURNOUT

- **Physical and Emotional Exhaustion**
- **Emotional Numbness**
- **Irritability and Anxiety**



3. IGNORING PAIN

- Ignoring pain, especially during physical activity or daily life, can lead to serious long-term consequences. Pain is the body's way of signaling that something is wrong, and disregarding it can worsen existing conditions or cause new injuries.



DEBUNKING COMMON EXERCISE MYTHS

Myth

You need to exercise intensely every day to see benefits.

Truth

Moderate exercise a few times a week is sufficient.

Myth

Strength training will make you bulky.

Truth

It builds lean muscle and boosts metabolism.





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