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Listen to your body & don't overtrain, say doctors

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BENGALURU: Despite the chilly spell, parks in Bengaluru are abuzz with morning walkers, joggers, runners and yoga enthusiasts these days, with people determined to chase their fitness goals of 2024. Apartment gyms are also seeing big turnouts.

Simran R Asrani from Malleswaram, who works in the finance sector, made some healthy resolutions on NYE. "I decided to make sure I work out every day," says Asrani. "I worked out for one hour on all three days since January 1. I had muscle soreness on day 2 as I didn't work out regularly earlier."

How to stick to NY resolutions

"Stop trying to do everything, if you want to build a habit. Take one habit at a time," says Saurabh Bothra, a government-certified yoga trainer and co-founder of Habuild. "Yoga is a great habit to start with; it can help you build other habits also," adds Bothra, who has launched a free 21-day yoga challenge.



GRADUAL INCREASE

Ideally, one should work out for 150 minutes a week. "Those doing vigorous workouts can reduce it to 75 minutes a week. Those doing weights should do 12-15 repetitions per exercise and increase intensity by 10-20% per week," suggests Dr Thomas Chandy, chairman and chief of Orthopaedics at HOSMAT Hospital.



TIPS TO REMEMBER

- **Embrace cardio wisely;** it's the heartbeat of fitness
- **Don'ts:** Avoid extremes. Beginners can opt for brisk walking, dance aerobics or jumping jacks. Reflect on setbacks, adjust, and restart
- **Dos:** Prioritise consistency over intensity. Choose workouts that suit your fitness level



Courtesy: Dr Praveen Sadarmin, consultant cardiologist at Narayana Health City

The mind can sometimes be stronger than the body. When you don't listen to your body and drive yourself to do things your body is not ready for, the mismatch leads to problems, doctors say.

"It is very important to listen to the body. One has to gradually increase endurance. Just because you're feeling great, don't overdo things," says Dr Sharan Patil, chairman and chief orthopaedic surgeon at SPARSH Hospital.

Dr Thomas Chandy, chairman and chief of orthopaedics at HOSMAT Hospital agrees. "If something does not feel right, stop exercising for a couple of days," he says. "The notion that if you are not getting pain while exercising, you are not doing it right is wrong. Overtraining can be dangerous" he adds.

Collapses during exercise are becoming common. Individuals having heart ailments and high blood pressure should do a health check before they start exercising. They should go slow while exercising, says Dr Praveen Sadarmin, consultant cardiologist at Narayana Health City.

Always stretch before exercising. Those who do vigorous exercises should warm down as well. A customised fitness plan gives better results and can help prevent workout injuries.