

## Go Easy and Burst

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All of life is paradox. As movement and exercise is part of life, it is important to know what to expect as you reintroduce your body to more vigorous activity. Much of what you will experience seems to be contradictory.

**Paradox 1.** You need to exercise consistently and you when you exercise consistently are susceptible to overuse injury.

As you begin your health, fitness and vitality adventure one of the most important things you must do is develop consistency. You need to make activity and exercise a habit. Most people stop way too soon after beginning a new fitness regimen. Two common reasons are the regimen is too regimented or they fall victim to an overuse injury. When we are legitimately injured we have to adjust or suspend our activity. When we have to make those adjustments, or stop, we lose our momentum.

**Paradox 2.** To avoid overuse injuries, you need to begin slowly and gently but you must push yourself beyond comfort to attain a training effect.

As you begin to become more active, increase the amount of exercise you perform, begin slowly. No pain no gain is not a good mantra for mature folks. On the other hand, in order to receive some benefit from your exercise you should experience some discomfort that tells you that you are pushing your body. Increased heart rate and a little shortness of breath are signs you are pushing a little harder. That is a good thing.

**Paradox 3.** You will get some sore muscles, and using sore muscles is the perfect remedy to helping sore muscles recover.

If you have ever had surgery to repair your knee, or hip, or shoulder, you remember the pain of the physical therapy and rehab. The movements that hurt the most were movements that were going to help you heal and fully recover. When your muscles are sore from activity and exercise, the best medicine may be stretching and moving those sore muscles to help them recover.

It is a cliché but we don't stop moving because we get old, we get old because we stop moving. Do you want to feel younger? Reframe how you internalize your sore muscles. When your muscles are sore it means you have moved. Sore muscles mean you accomplished something. Sore muscles mean you are alive and active.



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