

What is Exercise to You?

It's all well and good for someone to say 'don't exercise' when you're injured. We all know some of the risks we may be exposed to when we exercise with an injury (not all, but certain injuries). The more important question though, is what is the risk of stopping?

Some of the negatives associated with stopping exercise are changes in mood and mental well being, separations from social groups, tissue de-conditioning, but more importantly... **loss of identity.**

We quite often identify ourselves with our exercise modalities. Runners run, weight lifters lift weights etc. So what happens when we're injured, and a runner can't run?

Things to remember when injured:

It is more than likely not permanent. You will get back to it soon. Let your body what it needs to.

Are there ways to adapt your training, so you can still remain active?

Who is in your corner? Do you have health professionals, friends, family, anyone around to help support through this time?

What else can you do to participate in social groups/ receive social stimulation like you would if you were exercising?

Are you focused on your goal?
Remember why you train, and maintain focus on that - so when you do get back in to it you GET BACK TO WHAT YOU LOVE!

What is Exercise to You?

It is also important to remember:



There is more to you than just what you do for exercise. Emphasise the other priorities in your life during this period, and discover what else makes you YOU