



Guidelines for Working Out While Sore, Tired or Fatigued

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*Note: please always consult your doctor before engaging in a new fitness routine.

Have you been experiencing little aches and pains from this quarantine working-from-home life? You were probably used to walking to your coworker's cubicle, or up the hall for a meeting, or across the street for lunch, but now? You're walking to the fridge and back, maybe to the mailbox and back, maybe running after your kid? But overall, unless you're making a real effort, there's not that "forced" and automatic movement that comes from working outside the home and this lack of movement can create real havoc on the body.

As that famous scientist once said, "an object in motion, stays in motion." Our bodies are meant to move. They're not made to sit or stay at rest for long periods of time. In fact, I would argue that lack of movement is one of the main contributors to muscle and joint discomfort. Alright "Kaaaate," we get it, but what should we do about it? Well, thank you so much for asking!

1. Try incorporating ‘micro-workouts’ into your day.

I first heard this term coined by Dr. John Berardi, author, entrepreneur and co-founder of Precision Nutrition. Basically, rather than trying to find an hour to work out each day, try breaking the time up. So instead of one, sixty-minute workout, you can do six, ten-minute workouts spaced throughout the day. This will a. help you move more often, b. get rid of the “I don’t have time” excuse, everyone has ten minutes and c. you can switch it up from session to session! One session may be geared more toward strength, another toward cardio and yet another toward mobility. This way, you’re lubing up those joints, getting that blood flowing and learning to move your body in various directions, speeds and planes of motion.

2. Move slow and listen to your body.

Figure out which movements help, and which movements aggravate your discomfort. The goal here is to find that “juusstt” right sweet spot where you can exercise without soreness. I know how awful it can be when you are unable to participate in certain activities because your knee hurts, or your back gave out or you can’t move your neck in one direction. Sometimes you need to slow things down in order to speed things back up again. Your body is a brilliant machine but sometimes it needs to be gently nudged in certain directions. Do your best to keep moving. Stay in a comfortable range and learn to progress little by little until your soreness or discomfort has sincerely subsided or dissipated completely.

3. If you are experiencing true pain, consult a physician right away.

Be sure to utilize these tips and happy moving!

Good luck! I believe in you!

