

**Medical Edge Radio from Mayo Clinic**

**Overtraining**

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Nats of running, weightlifting, etc.	WE ALL KNOW THAT EXERCISE IS A GREAT WAY TO FEEL GOOD, LOOK GOOD AND MOST IMPORTANTLY, IMPROVE OUR HEALTH. BUT LIKE JUST ABOUT EVERYTHING ELSE IN LIFE, DON'T OVER DO IT!
Diane Dahm, M.D. Track 3 (2:34)	"THERE IS SUCH A THING AS OVER-TRAINING."
	DR. DIANE DAHM IS AN SPORTS MEDICINE SPECIALIST AT MAYO CLINIC. SHE SAYS IF YOUR WORKOUT LEAVES YOU FEELING TIRED AND SLUGGISH THE REST OF THE DAY, OR IF YOU'RE LOSING

	WEIGHT WHEN YOU'RE NOT TRYING TO, YOU'RE PROBABLY OVER TRAINING.
<b>Dr. Dahm</b> <b>Track 3 (2:54)</b>	“SIMILARILY, IF YOU'RE GETTING PAIN IN A JOINT AND THAT'S NOT IMPROVING WITHIN 20 MINUTES OF YOU STOPPING AN EXERCISE YOU MIGHT BE OVERTRAINING. “
	LISTEN TO YOUR BODY. EASE OFF AND MAYBE ALTER YOUR WORKOUT ROUTINE. PUSHING YOURSELF TOO FAR CAN ACTUALLY DEGRADE YOUR PERFORMANCE AND COULD LEAD TO SERIOUS INJURY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.