



Your Body May Need a Break, Here's Why

When it comes to exercising, there's a difference between pushing yourself to your limits and overexerting yourself. Oftentimes, this difference is very small, which is why it's so important to know when your body needs a break:

1. **You're always tired.** If you're constantly fatigued, even after getting enough sleep, chances you're working your body too hard.
2. **You're always sore.** A little bit of muscle soreness that occurs 24-48 hours after your workout isn't necessarily a bad thing—it means your workout was effective. However, extensive or prolonged soreness means you're overtraining your body.
3. **You're feeling stiff.** Doing the same exercises, particularly running on hard surfaces, can wreak havoc on your joints. This is especially true if you don't give yourself enough time to recover. That's why having a rest day is so important.

For more information, talk to your doctor.