

Editorial**The Key Ingredient to Staying Fit****Mohsin Masud Jan**

Editor

If your resolution to exercise more is leaving you tired out, you might actually need to put your feet up. Research suggests that short rest periods are just as important as the exercise itself.

Taking it easy every now and then not only allows the muscles to recover, it also makes the body fitter faster. Men and women who are simply trying to get a wee bit fitter could benefit from building periods of rest into their exercise program.

More often than not, when starting out on their fitness journeys, people tend to try to do too much too soon, with the old age fitness mantra of no pain no gain in mind. And all too often, this very plan of attack tends to backfire, wearing them out much sooner than expected. What people need to know, baby steps are a rule of thumb when it comes to fitness. Attempting to accomplish too much, too soon will lead to a burnout, and that will stop any fitness achievements in their tracks.

Working out places a physical stress on the body, and prolonged stress ultimately leads to the production of cortisol, the stress hormone. And

often people trying to get fit, try to workout day after day, without rest, which in turn leads to the stress levels on the body compounding, adding up over time and eventually leading to burnout, or in other instances, to injury.

Building in routinely fixed rest days into your exercise regime is one way to combat the physical stress exercise places on your body. Secondly, sleep, is of the utmost importance. Getting an adequate amount of shut-eye also aids in avoiding workout induced burnout.

When working out, always make it a rule to listen to your body. Your body will always tell you what it requires. On days when you're exhausted, completely and utterly spent, it is generally a wise idea to take a day off, even if your exercise regimen does not allow it, or if nothing else, change pace and take it easier on such days, your body and your mind will thank you for that later.

In conclusion, rest is one of the keys to recovery. To keep your fitness journey on its tracks without any stops, remember to pace yourself, to listen to your body and to rest when your body demands it.