

What Can I Do to Avoid Fatigue After Working Out?

I often feel tired for the whole day following my workout.

Feelings of prolonged fatigue after a workout are typically a sign of over-training or a deeper lying issue within your lifestyle choices.

Here are some behaviors to consider. If you meet any of the following, you may need to stop the behavior altogether to eliminate feeling tired post-workout.

Supplements: Are you using sugar-based pre-workout supplements? If so, your fatigue could be a result of a sugar crash post-workout. Drink green tea for a natural boost.

Sleeping Patterns: How much sleep are you getting per night? If you are undergoing intense training such as group circuit training, you should not be getting anything less than 7 hours every night.

Nutrition: What types of foods are you eating throughout the day? Fried, sugary or processed foods cannot be metabolized properly, leaving your digestive system and immune system strained, resulting in fatigue.

Crash Diets: In relation to the above category, are you currently on any restrictive diets? Have you recently cut carbohydrates out completely? How about fats? You should never be removing an entire macronutrient from your diet unless instructed to do so by a registered dietitian or medical professional. You need a balance of lean protein, complex carbs, and healthy fats. Cutting one out completely will result in temporary side effects such as fatigue.

Rest Days: Are you taking any rest days in between your workouts? Your body needs time to repair and rebuild itself. Working out every single day will promote the breaking down of muscle tissue and the straining of the immune system. You should not be working out for more than two days in a row, especially if you are just starting out.

Again, if any of these scenarios fit your lifestyle, try altering the behavior to reduce or eliminate fatigue completely.