**Yo-Yo Exercising!**

Here's a thought for you to consider. We've all heard how dangerous "yo-yo" dieting is for your body. What about "yo-yo" exercising? I know so many people who start an exercise routine when special occasions are in their future. Then after the special event or activity has passed, they’re done with exercise. That on-again, off-again exercise program can be as detrimental to your body as yo-yo dieting.  
  
Research has shown that bouts of vigorous exercise followed by weeks of inactivity can increase fat levels and put excess strain on your cardiovascular system. Coming out of UCLA from their Exercise and Metabolic Disease Research Laboratory, registered dietician Drusilla Rosales says, "When you don't exercise regularly, bursts of intense activity require your heart and lungs to work harder than they are used to. They don't have an opportunity to gradually adapt to your exercise regimen." (Women's Health, "You're too Legit to Quit," Bond, A.)  
  
The stress of starting all over is hard on your body physically. In fact, I just heard a friend of mine say that he is delaying starting his workouts again because of how sore and worn-out it initially makes him feel, which is one of the main reasons that people don't start to exercise! "I don't want to be sore.”  
  
Another health physiologist, from the University of Herfordshire in England, Ben Fletcher, DPhil says that the damage isn't just physical. “Yo-yo exercising exhausts you emotionally and psychologically. It's hard to drum up the motivation to start a workout (yet again) when you feel like you'll fall short of your goals (yet again).”  
  
"It's a real mind-game that is exhausting and not satisfying when the results don't come quick enough considering the energy you are putting out.” Fletcher continued.  
  
Exercising is a daily mind-set for everyone. Including those who do it every day. It's that mind game and body game that are so hard to connect. So, you just have to make it happen. Period. And you must make it happen every day. Period. Even more so, when special events are over and/or vacations are upon you. No reason to quit your workouts!  
  
Putting it all together and maintaining that daily physical exertion limits those extra stresses on your heart, lungs, muscles and joints. It gives your body the time to stay adapted to the increased workload so that when you do decide to do something strenuous and different you are ready for it.  
  
Avoiding the "yo-yo" exercise routine also allows your body the opportunity to maintain your ideal body weight and keep all those other health benefits in check year-round. Remember that exercise affects everything in your life and with your health; blood pressure, breathing rates, cholesterol levels, sleeping patterns, stress, strength, the size of your jeans, etc.  
  
Have you dropped your yo-yo and are ready to snap it back up? Here are a few tips to think about.  
  
Tweak your goals. "Adjusting your mindset and adopting an effective, yet sustainable, routine will keep you moving all year long. Goals are so important, they’re what get you through those special events that you've been yo-yo exercising for all these years. Consistent exercisers who see working out as part of their lifestyle, rather than as a way to change their appearance, have the most success keeping weight off," says J. Graham Thomas, PhD an assistant professor at Brown Medical School.  
  
Change your thoughts from the scale to all the other things that exercise does for you; increased energy, increased moods, allows you to sleep better, makes you feel stronger, make yourself feel better and healthier.  
  
Change up your routine, particularly if you are a person who gets bored with staying with the same one. Don't bore yourself into quitting. There are so many ways to stay active and to exercise. There are also other friends and family members with whom you can do these changes with.  
  
Ease into it. I've written about this several times. There is no reason to start your first day back at the same intensity and weight that you were training with when you were twenty. Think about it, be smart and take your time getting back, because this will be the end of your yo-yo habit.