



USE IT OR LOSE IT

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

What is Physical Detraining? The loss of physical strength, mobility, endurance and speed when you stop exercising.

You will feel more tired, weaker, and more short of breath after not working out for as little as 7-14 days.

Why do people stop exercising?
(Ask Soldiers for some ideas)

Here are just a few examples:

Injury /Illness	Pregnancy
Deployment / PCS	Family Emergency

How to avoid the effects of detraining:

Simply put – don’t stop exercising!!

Maintain your current intensity of workouts (strength training and cardiovascular endurance training), just fewer days per week.

STRENGTH: 1x per week at same intensity

CARDIOVASCULAR: 2x per week at same speed/duration

It takes longer to regain strength/endurance, so USE IT or LOSE IT