



# USE IT OR LOSE IT

**TASK:** Teach your element what physical detraining is and how to prevent it.

**CONDITIONS:** Discussion – Question based

**STANDARDS:** Understand how to avoid the effects of detraining.



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When you STOP exercising, physical detraining occurs within 1-2wks. What is detraining?

(DISCUSSION) Ask and discuss with Soldiers what Detraining is.

Definition: The partial or complete loss of anatomical, physiological and performance adaptations as a consequence of a break in physical training.

Simplified: You lose strength, mobility, endurance and speed when you stop exercising. After not exercising for just 7-14days, you will feel weaker, have shortness of breath, and feel less energetic; especially during exercise.



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What are some reasons people stop exercising?

(ask your Soldiers to provide some ideas)

Here are just a few examples:

- Injury /Illness
- Deployment
- PCS
- Pregnancy
- Family Emergency
- Other Ideas?



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**SIMPLY PUT: Don't stop exercising!**

- \* Something is better than nothing.
- \* Work out at same intensity, just fewer days per week.

NOTE: It will take you longer to regain lost strength and endurance than it took you to lose it. So...

**USE IT OR LOSE IT!**