

WHEN IS BEING ACTIVE BAD?



1. OVERTRAINING



Exercising too much without proper rest can lead to injury, fatigue, and burnout. Your body needs time to recover.

2. MENTAL BURNOUT

Constant mental stimulation without breaks can lead to stress, reduced productivity, and mental exhaustion



SYMPTOMS OF MENTAL BURNOUT

Physical and Emotional Exhaustion Emotional

Numbness

- Irritability and Anxiety



3. IGNORING PAIN

- Ignoring pain, especially during physical activity or daily life, can lead to serious long-term consequences. Pain is the body's way of signaling that something is wrong, and disregarding it can worsen existing conditions or cause new injuries.



DEBUNKING COMMON EXERCISE MYTHS

Myth

You need to exercise intensely every day to see benefits.

Truth

Moderate exercise a few times a week is sufficient.

Myth

Strength training will make you bulky.

Truth

It builds lean muscle and boosts metabolism.





Co-funded by the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or Tempus Közalapítvány. Neither the European Union nor the funding authority can be held responsible for them.

Az Európai Unió finanszírozásával. Az itt szereplő információk és állítások a szerző(k) álláspontját képviselik, és nem feltétlenül tükrözik az Európai Unió vagy a(z) Tempus Közalapítvány hivatalos véleményét. Sem az Európai Unió, sem a támogatást nyújtó hatóság nem vonható felelősségre miattuk.