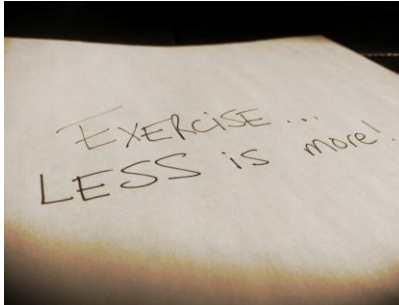


DESANTIS WELLNESS CONSULTING

BLOG of the Day

LESS IS MORE...



Good day everyone!

I love the gym. It has been a consistent part of my life now for 24 years and I see no end in sight. Getting your endorphin rush is a pleasurable thing, however, being in the gym for hours isn't. Go to any local fitness center and you will most likely encounter someone trying to put the treadmill out of business by running it into the ground or someone grunting their way, trying every exercise in hopes that he will be the next Mr. Universe.

Have you ever heard this before? "What a bad day I've had, going to the gym so I can relieve some stress." Realize that when you work-out, you are adding more stress to your body. The appropriate thing to do is to work-in, bring in more energy than you are expending.

We encounter several stressors in our daily lives, such as:

- Chemical Stress
- Electromagnetic Stress
- Mental Stress
- Nutritional Stress
- Physical Stress
- Thermal Stress

If we are out of balance with the stressors mentioned above, working out will only further the imbalance.

The more you train, the more you drain. It also causes hormonal imbalances (cortisol and testosterone). Then you wonder why you are putting on fat rather than burning it.

I was taught by one of my greatest mentors, Paul Chek that LESS is MORE and MORE is LESS. I've used this principle with myself and clients with amazing result. Working out became more fun.

So look at where your stressors are and evaluate your plan of attack. Know when to work-in and when to work-out.