

WHAT REALLY HAPPENS TO YOUR BODY WHEN YOU STOP EXERCISING!

1 Month



ENDURANCE

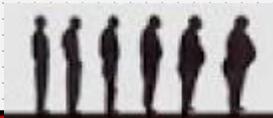
Aerobic conditioning is thought to drop quickly and your endurance levels are considered to slow after just a few weeks.

1 Week –1 Month

METABOLISM

Almost straight away your metabolism starts to slow down from inactivity and your muscles start to reduce in size. If you do not burn off the food that you consume it will gradually start to store as fat with in the body.

3-6 Months



WEIGHT GAIN

At this stage weight gain is particularly apparent with every 3500 calories that are not being burnt converting into adding around a pound in weight. If your daily work out burned around 500 calories and your diet remained the same , then after 3-6 months you are likely to gain around 12-14 pounds in weight.

1 –3 Months



MUSCULAR STRENGTH

Studies have shown that you're likely to return to pre-exercise level after only a 4-12 week break.

9-12 Months



DEPRESSION

Your Mental Health can suffer as a lack of exercise can effect your self esteem and cause social isolation. You also will be lacking in the production of serotonin and endorphins necessary to help elevate your mood which aid to deter you from depression.

6-9 Months



BLOOD PRESSURE

With an increase in weight and reduction in cardiovascular activity, you are at risk of an increase in blood pressure and more at risk of serious disease such as diabetes Type 2 and heart disease.

1 Year Onwards



BONES & STRENGTH

As we age and over time we need to work harder to maintain fitness. If muscle groups are not continuously developed then they will weaken. Also in the absence of weight training activity the bones are more susceptible to becoming brittle and you'll be more at risk of osteoporosis.