

★ **women's
fitness**

women's fitness



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FAYE**

'I dropped
2 dress
sizes'

★ HEALTHY BODY ★ HEALTHY MIND ★

ANTI-AGEING ISSUE!
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YOUNG**

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IN 3 MONTHS!**



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PLUS TONE YOUR BUTT TOP HEALTHY BREAKS

FACT OR FICTION?

no pain no gain?

Is it true that if you're not aching or sore after a workout then you haven't worked hard enough to get results?
Jeff Archer has the answer

You will have no doubt experienced post-exercise aches and pains at some stage and will have wondered if it's something to be worried about. The answer is 'No', those aches are just part and parcel of a regular exercise routine. Fitness gains are achieved when training causes damage to muscle fibres in the form of micro-tears. Torn muscles can ache but then the fibres grow back bigger and stronger as you rest and recover, and it is the growing back of the stronger fibres which makes you more toned and improves definition.

Maximum effort

That's not to say that if you don't ache, you haven't worked hard enough to get results. Not every workout needs to be completed to the limits of your abilities and there will be times when you're deliberately working on a maintenance programme or times when you aren't in the mood to push it. On these days, making sure that you at least keep up with your exercise regime will serve

you well in that it will keep your fitness progress consistent. However you are unlikely to ache the following day.

These moderate workouts are a valuable part of your training programme and you should always ensure they take place. One reason for this is that you are often capable of more at the gym than you thought you would be. Secondly, these workouts are crucial for keeping the rhythm of your regular fitness routine.

You are most likely to feel sore after a workout when you've really pushed yourself. Following a maximum effort you'll need a full and proper recovery of the affected areas, so rest the sore or aching areas for one full day after a tough workout.

Balance is the key

Remember too that there's a distinct difference between muscles which ache following an intensive workout and pain which you feel from an injury caused by incorrect technique or using weights which are too heavy. After exercise, muscle aches will typically last a day or two around your body. An injury will be

characterised by more acute, possibly even debilitating pain, discomfort which lasts longer than a couple of days or pain which is isolated to one specific area of your body.

As with all elements of fitness training, balance is the key. There are times to really go for it and times to moderate your exercise. Experiment with the right balance of intensive workouts and maintenance workouts for your schedule over the course of a month and you can be certain that every session you complete is pushing you towards your goals, regardless of whether it makes you sore or not. ■

When aching is bad for you

While it is not unusual to occasionally feel sore after a workout, the only time when post-exercise muscle ache is definitely not a good thing is if you find your body aching because you're training repeatedly on consecutive days. Without any opportunity for rest and recovery your body has increasing demands placed upon it until there are no resources left for it to draw on. With no chance to make the most of the challenges you've put your body through and no opportunity to come back stronger, you run the risk of overtraining and becoming worn out.