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The dangers of over-training

David Hardin
TACFIT Instructor, USA

Over the last decade or so, over-training has received a lot of attention and controversy. The truth is it is not necessary to push our bodies to the brink of exhaustion to get the results we seek. Pushing our bodies too hard is actually quite dangerous, causing joint and soft tissue damage, chemical imbalances, and adrenaline dumps which can lead to PTSD, and more. About 60% of all injuries in general fitness or athletic activity can be prevented, with over-training being the main culprit. Those who believe they are 'injury-prone' are misled and are often left to believe there is no hope. We will discuss what qualifies as over-training, how to combat over-training, and the importance of recovery. We will dive deep into the physiology of the body to finally answer these questions once and for all. Because let's face it, what's the point of having a great looking body if you're in pain and injured all the time?

Biography

David Hardin is an exercise physiologist, sponsored by Red Bull and Under Armour, who is passionate about leading people to fitness through smarter training, healthier nutrition and a stronger mindset. With over 15 years of experience in the industry and a background as a two-sport pro athlete, he has helped thousands of people get fit including celebrities, pro athletes, military personnel and those with special needs. He is known for his talent to help clients of all levels prevent and fix injuries and is Chicago's only certified TACFIT instructor.

david@dhfit.com

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