



ELITE
Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

8/7 - Detraining

Introduction

In today's fast-paced world, maintaining a consistent exercise routine can be challenging. Whether it's work commitments, personal responsibilities, or unforeseen circumstances, life's curveballs can disrupt our fitness routine. This phenomenon is known as detraining.

Exercise must be a lifetime commitment. The benefits are enormous, but they go away once training stops.

Detraining = Loss of Gain

Detraining refers to the process by which the body gradually loses the physiological adaptations gained from regular exercise when physical activity levels are reduced or discontinued altogether. While exercise provides numerous health benefits, such as improved cardiovascular fitness, enhanced muscle strength, and mental well-being, detraining can reverse these gains and derail your health.

The Scary Truth

What happens when regular exercise is discontinued? Lousy things happen! The beneficial changes in your body and improvements derived from all your hard work go away. That's right - your body returns to pre-training levels. This affects weight, muscle mass, maximum oxygen consumption, mitochondrial ATP and lipoprotein levels.



ATP



Consider a study done on 22 active adults that included a 13-week baseline strength program. Once the 13-week period concluded, the group was split in half. Eleven subjects continued to train for 4 weeks, while the other group stopped.

As you probably guessed, the group that continued training kept improving their baseline strength gains, VO2 Max, body fat percentages, and HDL and triglyceride levels. However, the subjects who ceased training lost all positive gains and regressed back to pre-training levels at the end of the 4-week detraining period!



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

The scary part is that your progress doesn't fall off a cliff at the 4-week mark. The progress you make falls off rapidly. In a study done on a young, athletic population, detraining effects already occurred at the 2-week mark.

This detraining phenomenon is more pronounced the older we get. Stay on top of your routine here with us, and let exercise be your ticket to living a healthy, robust life.

The Good News is We Have Your Back!

Virtual training is available to all EPT clients. You will receive a bag loaded with equipment that allows your trainer endless ways to program a unique routine wherever and whenever you desire. Don't revert to your pre-trained state! Use your options. Consider virtual training when you can't make it to the gym. We'll make it work and make it worth your while.

Summary

Exercise is like dental care. You can brush and floss to maintain good dental hygiene, but if you stop you will soon encounter dental issues.

Embrace the challenges. They are stepping stones to strength and growth. Each day you push yourself, you're transforming your body and mind into a healthier, happier you! When you're tempted to cancel, remember what you just read about the negative effects of detraining. Don't lose what you've worked so hard to gain.



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This article was contributed by Justin Glose.
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References

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[Detraining: What Happens When You Lose Fitness? - TrainerRoad Blog](#)

[How Research Can Help You Manage Detraining and Retraining - Elite FTS | EliteFTS](#)



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SCAN ME