

OVERCOME WEEKEND WARRIOR SYNDROME

ARE YOU A WEEKEND WARRIOR?



Do you find yourself cramming your weekly physical activity into one or two intense sessions? Health Canada recommends getting 150 minutes of moderate to vigorous activity per week, so you may be meeting the physical activity guidelines, but take precautions not to overdo it.

LISTEN TO YOUR BODY

Listen to your body when it is telling you to slow down. Gauge how you feel on a scale of 1-10. Keep your exertion below a 7 for new activities, or activities you are returning to after a hiatus.

ALLOW FOR RECOVERY TIME

Weekend warriors can achieve the same heart healthy benefits of regular exercise in two longer sessions. To allow for muscle and soft tissue recovery, try to space these two sessions out evenly in the week.

EASE INTO NEW ACTIVITIES

If you hit the gym regularly or get out for a run a few times per week, you might feel that your fitness level is high enough to jump right into that long bike ride you've been planning—but be sure to ease your way into a new sport. Train gradually for sport specific activities.

Sources:

<https://health.usnews.com/wellness/fitness/articles/2017-02-02/the-pros-and-cons-of-being-a-weekend-warrior>

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WEEKEND WARRIOR FITNESS TIPS



MAKE TIME FOR A WARM-UP

Take 5-10 minutes to properly warm up to gradually increase your heart rate and blood pressure, and increase blood flow to the muscles you are about to use.

Try a light to moderate aerobic warm-up of:

- Marching
- Side to side step
- High knees
- Jumping jacks

Dynamic stretches move through a joint's range of motion:

- Leg swings
- Arm circles
- Shoulder rolls
- Side to side lunges

SQUEEZE IN A CROSS-TRAINING SESSION

Cross-training can improve your endurance, strength or flexibility to improve your performance in your weekend sport. Fit in two 10-minute resistance training or stretching sessions during the week. Focus on large muscle groups to make the greatest impact in a short session.

Sources:

<https://www.mountelizabeth.com.sg/healthplus/article/3-injury-risks-weekend-warriors-face>

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WEEKEND WARRIOR NUTRITION TIPS



Weekend Warriors should fuel up for long bouts of activity with balanced nutrition and hydration.

FUEL YOUR DAY

If your activity starts right after breakfast, start your day with an easily digestible meal that is high in carbohydrates and low in fat.

BE PREPARED

Pack a snack or meal that can be eaten on the go. An insulated cooler bag with ice packs can keep your food at a safe temperature or choose temperature-stable foods like nut butter on whole grain bread and fruit.

HYDRATION

Hydration is a key component of proper fueling. Hydrate early on and continue to do so often. For prolonged periods of exercise, a sports drink will replenish electrolytes that regulate cell function.

RECOVER

After a long bout of exercise, fill up on potassium-rich fruits and veggies, like citrus fruits, watermelon, sweet potatoes, leafy greens, and peas. Reach for fiber-rich complex carbohydrates to replenish carbohydrate stores. Choose lean proteins like chicken, fish or legumes to aid in muscle tissue repair.

Sources:

<https://askthescientists.com/weekend-warrior/>