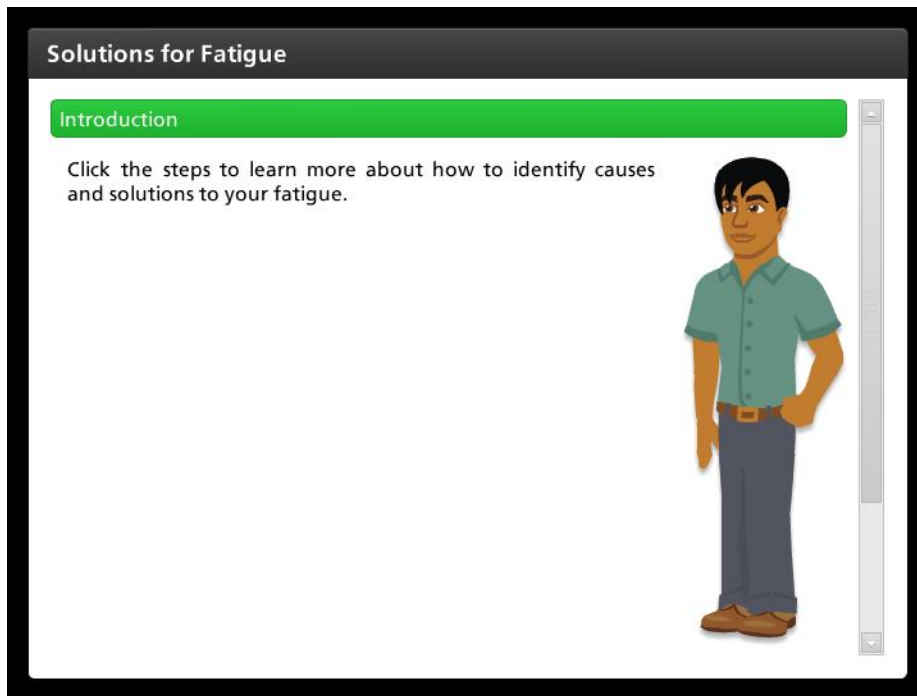


## Module 2: Physical Training Fitness Principles

### Topic 4 Content: Solutions for Fatigue Notes

#### Introduction



The screenshot shows a digital interface with a dark grey header bar containing the text "Solutions for Fatigue". Below the header is a green bar with the word "Introduction" in white. The main content area has a white background and contains the text "Click the steps to learn more about how to identify causes and solutions to your fatigue." To the right of this text is a cartoon illustration of a man with dark hair, wearing a light green short-sleeved button-down shirt, dark blue trousers, and brown shoes. A vertical scrollbar is visible on the right side of the content area.

Click the steps to learn more about how to identify causes and solutions to your fatigue.

## Module 2: Physical Training Fitness Principles

### Topic 4 Content: Solutions for Fatigue Notes


#### Step 1: Identify the Reason

#### Solutions for Fatigue

##### Step 1: Identify the Reason

If you are feeling fatigued, reflect back to the activities you have been doing lately. Make a list of everything you think has contributed to fatigue. The following list may help you identify exactly what is contributing to your fatigue:

- Lack of quality sleep
- Overdoing your daily tasks
- Not enough exercise or activity
- Too much exercise or activity
- Too much school work or extracurricular work
- Emotional stress
- Poor eating habits
- Grief
- Use of medications or drugs



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## Module 2: Physical Training Fitness Principles

### Topic 4 Content: Solutions for Fatigue Notes


#### Step 2: Seek Medical Attention if Necessary

#### Solutions for Fatigue

##### Step 2: Seek Medical Attention if Necessary

Think of your body like a cell phone, every night it needs to be recharged. When your body signals you to rest, then you need to do so. These body signals may include a lack of energy, or always feeling tired; muscle soreness; muscle weakness; and/or headaches. If these problems persist, you may need to go to a doctor. Because fatigue is a symptom of a number of disorders, diseases, and lifestyle habits, diagnosing the problem may be difficult. The doctor will conduct a thorough exam, and several diagnostic tests and blood tests may need to be done.

If you have flu-like symptoms that last for six months or more, then you may have chronic fatigue syndrome. Chronic fatigue syndrome does not get better with rest and can actually worsen with physical and mental activity. There has been much research done, and there are no known causes or cures for chronic fatigue syndrome.



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## Module 2: Physical Training Fitness Principles

### Topic 4 Content: Solutions for Fatigue Notes


#### Step 3: Make Changes

**Solutions for Fatigue**

**Step 3: Make Changes**

Once you have identified some of the sources of your fatigue, try to make a plan to make changes that would help eliminate your fatigue. Ways to help reduce fatigue are:

- Exercising regularly (however, do not overexert yourself). If you experience extreme muscle soreness, lack of concentration, lack of motivation, or fatigue, then you are overexerting yourself.
- Eat a healthy diet; do not eat a lot of sugar or consume a lot of caffeine.
- Get adequate, quality sleep consistently.
- Practice relaxation techniques such as yoga, deep breathing exercises, or mediation.
- Avoid the use of tobacco, alcohol, and drugs.
- Try to manage your time better to avoid stressful situations.
- Avoid procrastination (putting off tasks until a later time).



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