

STRESSING OVER STRENGTH

How intensely you train affects your mood



Original Research

Arent, S., et al. Dose-response and mechanistic issues in the resistance training and affect relationship. *Journal of Sport and Exercise Psychology* 27:92-110, 2005.

ALTHOUGH TRAINING INTENSITY IS THE MOST IMPORTANT VARIABLE FOR MAKING GAINS, PUSHING YOUR TRAINING TOO HARD FOR TOO LONG COULD PUT YOU IN A BAD MOOD.

It probably comes as no surprise to you that all of *you* is impacted by pumping iron. When you train with weights, it is not only your muscles, tendons, ligaments, and bones that are affected, but also *all* the other parts of you, including your mood. Indeed, several studies have looked at the impact that endurance exercise can have upon your mood. A few studies also looked at the impact of lifting weights on your mood. However, up until this study there has been no understanding how the intensity of your lifting can positively or negatively impact your mood. And why is this important to know? On one hand, if you feel a general sense of stress in your life, lifting weights might be able to alleviate some of that stress. On the other hand, getting ready for a competition might in and of itself be a source of stress for you. So depending on the intensity of your work in the weight room, you might end up causing yourself to stress even more. Clearly, if you understand the impact that the intensity with which you pump iron can have on your mood, you can effectively change your mood.

Power Key: intensity, stress, mood