

SOP: EXERCISE INTOLERANCE

OVERCOMING THIS CONFUSING AND OVERLOOKED ISSUE



OVERVIEW

- **Definition:** Reduced ability to recover from or tolerate physical activity, often linked to hormonal imbalances, adrenal fatigue, or underlying health conditions, based on endothelial lining damage.
- **Target Audience:** Women over 40 experiencing exhaustion, dizziness, or prolonged soreness after exercise.



SIGNS & SYMPTOMS

- ✓ Unexplained breathlessness or extreme fatigue during or after exercise.
- ✓ Excessive soreness lasting more than 72 hours.
- ✓ Dizziness or lightheadedness during or after workouts.
- ✓ Lack of performance improvement despite consistency.
- ✓ Increased stress or poor sleep after workouts.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: START WITH LIGHT MOVEMENT

- **Sub-step 1:** Begin with walking or restorative yoga.
- **Sub-step 2:** Limit exercise sessions to 15–20 minutes initially.
- **Sub-step 3:** Gradually increase frequency before intensity.
- **Sub-step 4:** Introduce interval training

STEP 2: FOCUS ON RECOVERY

- **Sub-step 1:** Prioritize post-exercise nutrition (protein + carbs).
- **Sub-step 2:** Ensure adequate hydration and electrolyte balance.
- **Sub-step 3:** Plan rest days strategically.

STEP 3: TRACK BIOFEEDBACK

- **Sub-step 1:** Monitor heart rate variability (HRV) using wearables.
- **Sub-step 2:** Pay attention to sleep quality and daily energy levels.
- **Sub-step 3:** Adjust workouts based on biofeedback.

STEP 4: NUTRITION SUPPORT

- **Sub-step 1:** Increase protein intake.
- **Sub-step 2:** Reduce caffeine dependence.
- **Sub-step 3:** Support adrenal function with targeted nutrients.



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Energy levels, HRV, recovery time.
- **Recommended Tools/Apps:** WHOOP Band, Oura Ring, habit tracker.
- **Frequency of Check-ins:** Weekly for 4 weeks, then bi-weekly.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client pushes too hard too soon.
 - **Solution:** Reinforce slow, consistent progression.
- **Challenge 2:** Client skips recovery days.
 - **Solution:** Highlight recovery as part of the program, not optional.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Supportive, calm, and focused on long-term wins.
- **Key Phrases to Use:**
 - *"Exercise should energize you, not exhaust you."*
 - *"Recovery is where progress happens."*



REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts, SOP for Adrenal Fatigue.
- <https://www.sciencedirect.com/science/article/abs/pii/S175148511730048X?via%3Dihub>
- <https://pubmed.ncbi.nlm.nih.gov/32684108/>



NEXT STEPS FOR PRACTITIONERS

- ☐ Reevaluate exercise plan every 4 weeks.
- ☐ Refer to a healthcare provider if symptoms persist.



NOTES SECTION

REFERENCES & RESOURCES

