Complementary Blog Post: 3 Total Body Fat Burning Workouts

Subject: Total Body Fatigue Causes

Hi [firstname],

There are many different things that can cause body fatigue. Some of these can be a sign of something more serious like diabetes, depression or thyroid disease. While sometimes when you're feeling tired all over it could be the flu, not getting enough sleep or being deficient in one type of vitamin or another.

Then there is another type of fatigue called muscle weakness and this could be from exercising and being tired or the lack of using your muscles. Ever heard the saying "Use them or lose them"? Muscles are the exact same way and if you don't use your muscles they are going to first turn from toned muscle to fat, but if you still continue not to use them you're going to start losing muscle mass and become weaker. Eventually you'll be so weak that you'll have to use a walker or wheelchair. Now this is an extreme case and would only happen if you only get out of bed once in awhile.

Here are some ways to experience total body fatigue:

1. Allergies

You might not realize what time of year it is, but allergies can affect your body big time. They can create havoc on the way that your muscles feel and your breathing. Plus they can impact how much sleep you get during the night. All of these can create body fatigue.

2. Stress

Some stress is good for you - however, if you're under a lot of stress this can cause you to become exhausted. Stress not only causes your body to becoem tired and not want to do anything, but it has the same affect on your brain.

3. Depression

While this was mentioned - having total body fatigue is a huge sign that you could be depressed. That is because your brain regulates your serotonin and dopamine and they rae not balanced. Some people can exercise and it helps them with depression because it boosts your serotonin levels.

If you’re looking for ways to burn total fat in the least amount of time – check out the post on our blog:

LINK

Unless there is something medically wrong, you should still be making an effort to get all of your exercise in. By doing a full body workout you’ll get the workouts done quicker.

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