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How do I prevent being so exhausted after my morning workout? How tired should you really be after a workout?

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The study, which was published last month in the journal Frontiers in Human Neuroscience, by Samuele Marcora, who heads the University of Kent s Endurance Research

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But if you feel tired all the time, don't blow it off. MD, codirector of the New York Thyroid Center at Columbia University Medical Center in New York City.

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