

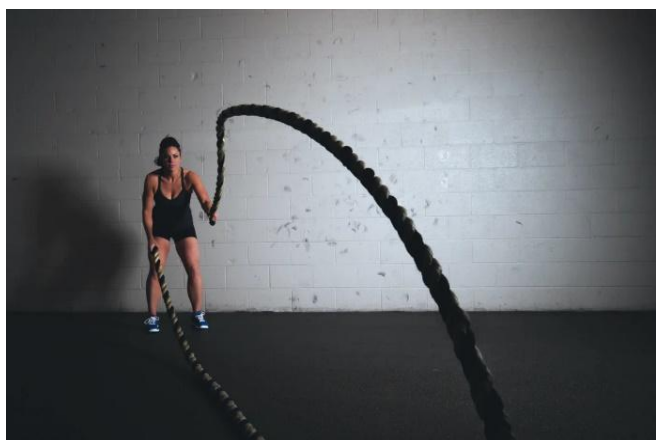
## HIIT Type Training – Hidden Benefits You Did not Know You Needed

It is 5pm at the end of a hectic workday and thoughts of the workout you know you should do, need to do, WANT to do, are hanging over your head. Talk about a downer!

There are so many things competing for our time these days, it's easy to push regular exercise to the back burner. In fact, when faced with all the things that need to be achieved in a day, it can feel selfish and self-indulgent to prioritize exercise for yourself.

In actuality, exercise isn't just important for physical health, it's been proven to be a major contributor to improved mental health and wellbeing, increased self-esteem, and positive self image. Yet knowing all this, exercise is regularly being dropped to the bottom of the list.

The most common reason cited for skipping a workout is a lack of time, which makes sense given how busy life is. But what if you could complete a fun and challenging workout that incorporates cardio, strength, and core training in 30 minutes or less, and can be done anytime, anywhere? Welcome to the world of HIIT type training!



If you have spent any time in a gym in the last several years you've likely heard of HIIT or even seen it in action in a fitness class or personal training session. High intensity interval training (HIIT) describes any workout that alternates intense bursts of activity with fixed periods of less intense activity. These workout sessions can last anywhere from 10 minutes to 45 minutes. You might have wondered how such a short workout could possibly be more beneficial than your usual 60-minute workout?

**Below is a quick rundown of all the ways HIIT type exercise could be a game changer for your health and wellness:**

### **\*\*It is Time Efficient\*\***

Because during HIIT workouts you are working at a more intense level for short periods of time you can achieve the same (or better!) results in half the time of a "traditional" workout. Essentially, you are getting more bang for your buck. Additionally, HIIT is beneficial regardless of your level of fitness or exercise experience.



### **\*\*You Burn More Calories\*\***

Generally speaking, not only will you burn more calories during a HIIT workout, you will continue to burn calories for up to 24 hours after the workout is completed because the body goes into an amped up repair mode due to the increased exertion of the workout.

### **\*\*Increased Metabolism\*\***

In addition to increased fat and calorie burning, HIIT workouts stimulate the production of HGH (human growth hormone) during the 24 hours after you finish your workout. HGH is responsible for increased caloric burn, but also slows down the aging process. Double win!

### **\*\*Improved Heart Health\*\***

HIIT workouts will push you into your anaerobic zone – that uncomfortable feeling (in a good way!) where your heart is pumping fast and it's difficult to catch your breath. Bursts of time in your anaerobic zone is great for heart health.

### **\*\*No Equipment Necessary\*\***

HIIT workouts can be done on or with any piece of equipment. Even better though, it can be done very effectively with no equipment at all using just your body weight as the tool.

### **\*\*It Can Be Done Anywhere\*\***

You can do a HIIT workout in the gym, the park, the living room or the backyard. It can even be done in a hotel room making it the perfect travel workout!

### **\*\*Weight Loss Without Muscle Loss\*\***

If weight loss is a goal, studies have shown that both weight training and HIIT workouts can promote fat loss while preserving your hard-earned muscle mass.

The takeaway is that HIIT type training is a great and effective way to train for your body, but just as importantly it's a great and effective way to train for your mind, and mental wellbeing. It's a win/win situation!

If you are interested in more information about HIIT training or looking to add HIIT into your current workout routine, speak to a Curtis Health Personal Trainer or Fitness Coordinator.