

<b>Sprinting</b> The body "creator"	
<b>Hormone Levels</b>	
Glucagon	High ▲
Cortisol	Low ▼
HGH	High ▲
Insulin	Low ▼
Leptin	Low ▼

**HEALTH TIP #14 – HIGH INTENSITY INTERVAL TRAINING (HIIT)**  
*HIIT is a form of exercise that involves short periods of high intensity exercise (like sprinting) followed by longer periods of low to moderate intensity exercise, (like jogging or walking). This workout gets the MOST fat loss results in the least amount of exercise time with minimal or NO equipment. HIIT is designed for people whose primary concern is boosting overall cardiovascular fitness, endurance and fat loss, without losing their muscle mass.*

**SCIENTIFIC DATA SUGGESTS THAT HIGH INTENSITY INTERVAL TRAINING:**

- equals 20 minutes of moderate training
- yields a greater improvement above and beyond exercising 30 – 60 minutes of moderate exercise
- is more effective at widening blood vessels and reducing blood pressure because of the person exercising to their limit
- (or intense exercise) is the single biggest way to get the best training effect
- pushes muscles to the max which equals 250% more intensity so it has a maximum fitness benefit.
- increases overall fitness by 50%

**BENEFITS:** HIIT strengthens and builds muscles; burns more fat so body fat is decreased; improves hair, skin and fingernails; helps train the sympathetic nervous system because it helps one handle stress better; helps us become more insulin sensitive so carbohydrates can be better handled; is beauty from the inside out, helps one retain their youth; doesn't trash the immune system like endurance training; yields better repair and faster recovery; helps to burn more energy and yield more energy from doing it; boosts the metabolism; raises growth hormone; is best for weight loss and it is not hard to find time to do it.

**DIRECTIONS:** To get the benefits HIIT, you need to push yourself to your **MAXIMUM EFFORT** during the high intensity part of the workout, (meaning you are pushing so hard you don't think you could possibly go any harder, to the point where you feel like you are almost out of breath. You should feel your thighs burning, your heart pounding and be breathing heavily). And during the low intensity part of the workout, you allow your body to replenish your oxygen and energy (think of this as a time to recover and catch your breath). Full recovery takes about four minutes for everyone, but you can shorten the recovery intervals if your high intensity intervals are also shorter.

**HOW OFTEN:** High intensity interval training should be done a minimum of 2 to 3 times a week depending on fitness levels and how quickly you improve. (NOTE: Before starting any HIIT program, you should be able to exercise for at least 20 - 30 minutes.)

**Sample Progressive Interval Training Program**

Those at a moderate fitness level can start to work their way up to HIIT training. This program can be intensified by adding longer periods of high intensity intervals in shorter recovery periods, or both. Because HIIT is physically demanding, it is important to gradually build up your training program so that you do not overdo it. (Note: This exercise is NOT appropriate for people with heart problems.)

Week	Warm up	Work Interval (Max Intensity)	Recovery Interval (60-70% MHR)	Repeat	Cool down	Total Workout Time
1	5 min.	1 min.	4 min.	2 times	5 min.	20 min.
2	5 min.	1 min.	4 min.	3 times	5 min.	25 min.
3	5 min.	1 min.	4 min.	4 times	5 min.	30 min.
4	5 min.	1.5 min.	4 min.	2 times	5 min.	21 min.
5	5 min.	1.5 min.	4 min.	3 times	5 min.	26.5 min.
6	5 min.	1.5 min.	4 min.	4 times	5 min.	32 min.
7	5 min.	2 min.	5 min.	3 times	5 min.	31 min.
8	5 min.	2 min.	5 min.	4 times	5 min.	38 min.

Consider making this 'healthy change for a healthier you'!

To Your Health,  
 Karen Mastrogiovanni, the Health Pastor