



Get Fit with HIIT

CHALLENGE

Improve your fitness level with short workouts

Requirements to complete this HEALTH CHALLENGE™

1. Read “Get fit with HIIT.”
2. Exercise at least 30 minutes a day on at least 22 days this month.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Alexa Rogers knows what it’s like to hustle. When she was a student at Arizona State University, she had a full schedule of classes and worked three part-time jobs. She carved out time for friends and to volunteer. She was pretty active, but still gained a little weight. Life stayed busy after graduating. And then Rogers decided to compete in a beauty pageant.

Even though she was smart and deeply involved in The Real Gift Foundation to help children in poverty, she knew she needed to get in shape to win. So she kept on hustling. She improved her diet. She fit short, but effective, workouts into her schedule. And her hard work paid off. She was crowned Miss Arizona and went on to compete in the Miss America pageant.

“I strive to be the best role model I can be,” says Rogers, “by living a healthy, balanced lifestyle and putting 100 percent dedication into everything I set my mind to.”

Wondering what kind of workout plan Rogers followed to slim down and get fit? It’s called *high-intensity interval training*, aka HIIT. And it works. Instead of spending hours in the gym, just 10 to 30 minutes of HIIT can help you get in shape and stay in shape. Take the month-long health challenge to *Get Fit with HIIT*.

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Can you really get fit with HIIT?

Take this quiz to find out:

HIGH-INTENSITY
INTERVAL TRAINING

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1. You need to spend hours in the gym or working out to get in shape and stay in shape.
2. You can burn the same amount of calories in a short HIIT workout as a long cardio workout.
3. You should get 30 to 60 minutes of exercise a day for best health.
4. Even a little exercise can help reduce the risk of chronic diseases.
5. Exercising in 10-minute blocks, three times a day, provides the same health benefits as one longer workout.

Check your answers below. If you answered any of these statements incorrectly, you could benefit from learning more about HIIT workouts to get in shape and stay in shape. Even if you’re short on time, you can still burn fat and calories, and strengthen your heart, lungs, and muscles.

1. False. 2. True. 3. True. 4. True. 5. True.

The Benefits of HIIT and Shorter Workouts

Can you really get fit with HIIT? Do shorter exercise sessions work?

That’s what a team of Canadian researchers wanted to find out.¹ They put a group of men through six HIIT sessions. In each session, the men pedaled a stationary bike fast for 60 seconds, followed by about a minute of rest. And they repeated the pedal-hard-and-rest routine 8 to 12 times per session. The results: HIIT exercise helped improve fitness levels in half the time or less compared to a typical 60-minute workout.

Save Time

“Doing 10 one-minute sprints on a standard stationary bike with about one minute of rest in between, three times a week, works,” says researcher Martin Gibala. It’s as effective at improving muscle as many hours of long-distance biking at a less strenuous pace. And you can start at any age.

Video:

HIIT Workout for Beginners
youtu.be/hdDNM35Bt1Y



Improve Health, Reduce Risk

“I don’t have time,” is not an excuse for not getting enough exercise. If you don’t have 30 to 60 minutes to work out, even 10 minutes can make a difference.² But saving time isn’t the only benefit to getting fit with HIIT. Regular exercise can help you:

- Lose weight or maintain a healthy weight
- Reduce body fat
- Build muscle
- Lower blood pressure
- Reduce risk factors for heart disease
- Prevent or control diabetes and manage blood sugar levels
- Cut the risk for certain types of cancer
- Improve cholesterol levels
- Build stronger bones and muscles
- Feel happier
- Increase mobility and prevent injuries
- Live longer

Trending:
HIIT exercise
is the #3 fitness
trend for 2017
[tinyurl.com/
z4pbyok](http://tinyurl.com/z4pbyok)

How to HITT Your Health and Fitness Goals

Want to lose weight, build muscle, improve endurance, and reduce your risk for chronic diseases?³ Get fit with HIIT. It’s not complicated. All you need to do is pick an activity where you can exercise in short bursts, rest a little, and repeat.

Walk this way

Go for a walk in your neighborhood, the store, the park, or in the mall. Take a couple minutes to warm up. Then walk as fast as you can for 1 to 2 minutes. You should still be able to have a conversation, but you’ll be breathing heavier. Slow down for 1 to 2 minutes. Repeat, until you’ve completed your walk.

How to Do HIIT
to Get Fit
[tinyurl.com/
jpfml2f](http://tinyurl.com/jpfml2f)

Splash and dash

Head to the pool during lap times with your swimsuit, goggles, and a towel. Swim around freestyle to get warmed up. Swim one lap as fast as you can. You should be breathing heavier by the time you get to the other side of the pool. Take a break; rest about as long as it took you to get there. Repeat.

Jet to the gym

You don’t have to go to the gym to get fit with HIIT, but you can. In fact, you can use just about every piece of equipment to exercise in short bursts. Try the treadmill, cycle, elliptical trainer, or rowing machine. Warm up. Hustle for 1 to 2 minutes. Rest for the same amount of time. Repeat.

Anytime, anywhere

If you’ve been making excuses about not having time to exercise, those days are over. With HIIT, you can exercise anytime, anywhere. Your living room, hotel, office, garage, or backyard will work just fine. Pick one or more bodyweight exercises like jumping jacks, lunges, squats, or push-ups. Warm up, then crush it for 1 to 2 minutes. Rest 1 to 2 minutes. Repeat.

If you’re short on time, but want to improve your health and fitness, follow the example of Miss Arizona. Hustle. You really can get fit with HIIT.

HIIT Safety Guidelines



1. Talk to your doctor about any health conditions you may have before beginning an exercise program.
2. Start small. Get used to exercising at least 20 minutes a few times a week before HIIT.
3. When you’re ready for HIIT, try a 5 to 10-minute workout once a week.
4. Over time, gradually increase frequency, intensity, time, and type of HIIT exercises you perform.
5. Be safe performing exercises in a HIIT workout to avoid injury.

References

1. Little, J., et al. (2010). A practical model of low-volume high-intensity interval training induces mitochondrial biogenesis in human skeletal muscle: potential mechanisms. *Journal of Physiology*, 588(6):1011-1022. doi:10.1113/jphysiol.2009.181743.
2. Kravitz, L. (2014). High-intensity interval training. *American College of Sports Medicine*. Accessed on January 16, 2017, from <http://tinyurl.com/oz22cmu>.
3. Harvard University. (2015). Interval training for a stronger heart. *Harvard Health Publications*. Accessed on January 16, 2017, from <http://tinyurl.com/jmon9ko>.



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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you keep fit with HIIT.
3. At the end of the month, total the number of days you kept fit with HIIT. To complete the Challenge, you must meet the goal on at least 22 days out of the month.
4. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
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_____ Number of days this month I kept fit with HIIT

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____