

# POWER AND STRENGTH

## FEELING BLAH? JUST H.I.I.T. IT

### What is H.I.I.T.?

You may have heard people talking about H.I.I.T. sessions. Wondering what it is? H.I.I.T. stands for high-intensity interval training. It is a type of training where you work at your maximal effort repeatedly, in short amounts of time. In between the exercises, there is a short recovery period. These workouts keep your heart rate up and burns more fat in a shorter amount of time than typical aerobic exercises. When you work at higher intensities, it creates a metabolic demand that is effective for long-term fat loss.



### Who can participate in H.I.I.T.?

H.I.I.T. is customizable, which means that no matter what fitness level, age, or gender, you can participate. You can change up the work to rest ratio as well as the exercises involved. However, before you start an exercise program, it is recommended to talk to your healthcare provider to see if you are ready to begin H.I.I.T. as it can be extremely intense at times.

## HARD WORK PAYS OFF!

### Benefits of H.I.I.T.

- Shown to improve:
  - Blood pressure
  - Cardiovascular health
  - Cholesterol levels
  - Abdominal fat and body weight
- Increases metabolism
  - Your metabolism works at a higher level which helps you to burn calories during and after your workout.
- Quick and convenient
  - Your overall workout would be in a shorter amount of time, and just as effective as a typical traditional workout.
  - You can do your workouts anywhere, at home, at the park, in the hotel room, or wherever you are.
- No equipment needed
  - You don't need any fancy equipment to complete a H.I.I.T. session.
  - Most of the exercises work with your own body weight.

Source: American College of Sports Medicine