



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Be mindful about raising your heart rate each day, incidental workouts over time will help improve your well being.

Don't miss David's tips every Saturday in your Journal

JUST because you don't go to the gym or you are too busy to make it that day, you can still find ways to sneak a quick workout into your daily routine.

HIIT stands for high-intensity interval training. Basically it's short bursts of intense exercise with periods of recovery between.

The next time you run or sprint for that train only to see it pull away, take a deep breath and don't despair, at least you have managed to raise your heart rate and given yourself a mini workout.

That's why a new report in the British Journal of Sports Medicine brings some welcome news that moving about in the city, or even within your own home, offers a chance to squeeze in some exercise.

Researchers have named it incidental physical activity. It isn't seen as working out as you might normally think, it's all incorporated into your daily routine, whether it's commuting, shopping, or doing household chores.

With obesity and more sedentary lifestyles increasing across the

world, health officials are changing the goal posts around exercise. Increasing scientific evidence contradicts the long-held belief that workouts must last 20 to 30 minutes to be effective; shorter bursts of more intense activity have been shown to be beneficial on their own.

The US government, meanwhile, updated its Physical Activity Guidelines in 2018 for the first time in 10 years, eliminating the requirement that physical activity has to last at least 10 minutes to be effective.

Health officials now concede

*Someone busier
than you is
working out right
now*

**Motivational quote
of the day**

FITNESS TIP

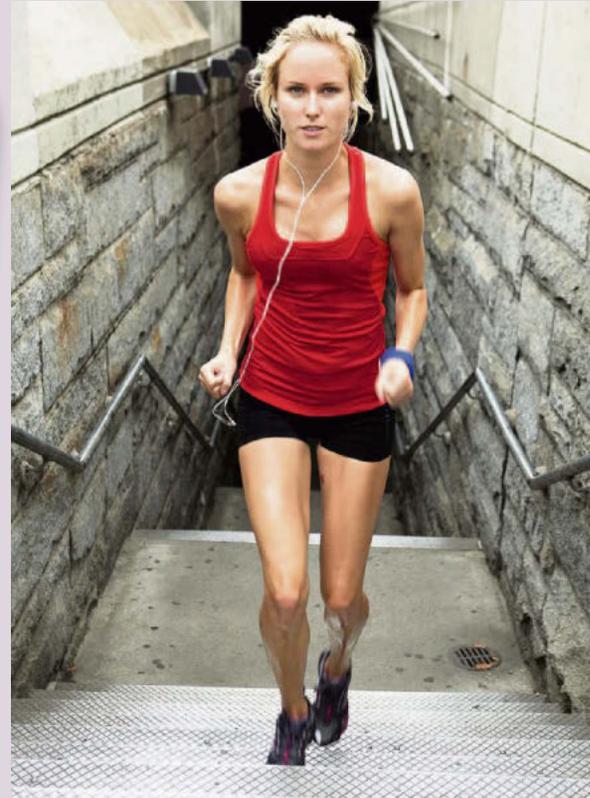
Scientists have eliminated the requirement that physical activity has to last at least 10 minutes to be effective. Why not try shorter more intense exercise therefore leaving you with more time to do other things?

that any length of moderate to vigorous activity is beneficial. Simply by moving more, especially those who are older and less active, is the way forward.

We all need to move and in many cases move quicker, in short bursts. Things such as running up the stairs rather than walk, clean the house quicker, if you go for a walk put some intensity to it, depending on your level of fitness.

We can all move quicker and do more in our daily routines to raise our heart rates and therefore do a mini workout throughout the day.

Being more mindful towards this will only help our fitness level and improve sedentary lifestyles.



> Don't walk up those stairs - run! And you don't need to wear gym kit to do it...