



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you have a fitness routine, or even walk the dog each day, look to add some quicker bursts. This will help you burn more calories, build muscle strength and endurance.

FITNESS TIP

Mix your interval training up by continually changing resistance, speed, times and rest periods. This way you are constantly asking your body to adapt to different times and levels of training.

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FOR decades, athletes and fitness fanatics have added short bouts of strenuous exercise to their workouts to boost their performance, known as interval training.

The ever emerging science and huge evidence of its health benefits for all sorts of people, including those with heart disease, means this type of training has now moved into the mainstream.

HIIT or tabata training are all just different names for interval training. Workouts alternate between periods of high intensity and lower intensity activity. You can do intervals during any type of exercise - walking, running, cycling, swimming, or even press ups or squats.

Also it's all relative, therefore those who can only walk can do intervals. Simply look to walk quicker in small bursts or up steps or hills. It's all about you as an individual adding a bigger effort for a shorter

period of time.

The benefits can be huge and, for some, life changing, both physically and mentally. Here are just a few of the positive changes I see on a regular basis with my clients:

- Weight loss - the latest research shows performing interval training while on a weight loss regime showed a 29% greater fat loss than training at a constant pace. I see much greater weight loss results through this type of training.

- Higher intensity bursts lead to greater gains in muscle strength as you are working harder. Not only do we monitor the gains, we can see them on clients.

- Overall fitness improves because your body can tolerate more of the muscle burn (lactic acid). By working harder, your body and mind will

adapt to a tougher session.

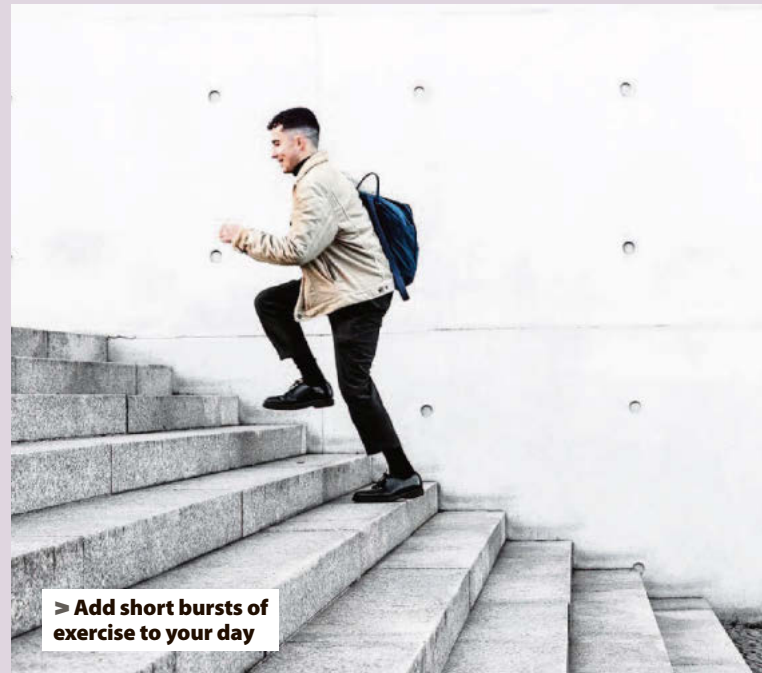
- Mental toughness improves because when you push out of your comfort zone and learn to deal with it, you feel you can do more. This is not just in the gym, it also translates in everyday life as well.

- Post-workout there is a distinct positive 'I've worked' feeling, whereas slogging away on a bike or treadmill for an hour you often leave with a more tired feeling. There is a big difference here, you do not need to train for long to see and feel these benefits. It's about intensity.

- Interval training supercharges your metabolism. After a tough interval session, your metabolism (not heart rate) can still be burning more calories than normal for up to seven hours. This is not the case for a moderate workout.

- Short, sharp quicker bursts help hugely to increase your speed and boost your metabolism.

- Interval training also helps avoid



injuries associated with repetitive overuse, which are common in endurance athletes, especially runners. Training for shorter periods of

time which can be done using non-weight-bearing exercises can have a real positive effect for overuse injuries.

Life is like exercise – the harder it is the stronger you become

Motivational quote of the day