



# 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 and improve 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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**I**NTERVAL training is defined as alternating periods of intense effort with periods of rest or lower intensity exercise and is a highly effective way to improve both your physical and mental health.

This training method, whether it involves brisk walking interspersed with slow walking or high intensity interval training at maximal effort, offers numerous benefits for weight loss, cardiovascular health and mental wellbeing.

#### Weight Loss

Interval training is highly effective for weight loss due to its positive impact for supercharging your metabolism and calorie burn. The high intensity phase raises your heart rate and increases the body's demand for oxygen, leading to a phenomenon known as excess post-exercise oxygen consumption. This means that even after the workout is finished your body continues to burn calories at an higher rate as it recovers.

Studies have shown that this type of training can burn up to 25-30% more calories than other forms of

exercise, such as moderate cardio, in the same amount of time.

Interval training can also help preserve muscle mass while reducing body fat. Traditional steady cardio often leads to muscle loss, especially if combined with a caloric deficit.

However, the bursts of high-intensity effort in interval training stimulate muscle growth and strength, which is crucial for maintaining a healthy metabolism. Muscle tissue burns more calories at rest than fat tissue, therefore helping to sustain weight loss in the long term.

#### Cardiovascular and Overall Physical Health

Interval training is also beneficial for cardiovascular health. The alter-

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

**Motivational quote  
of the day**

nating intensity trains the heart to pump blood more efficiently and improves vascular function. This can lead to lower blood pressure, improved cholesterol levels, and a reduced risk of heart disease. The varied intensity also enhances your body's ability to deliver oxygen to the muscles, improving overall aerobic capacity.

#### Interval Training for all

Interval training can be adapted to any fitness level. For beginners, simple routines alternating between walking and brisk walking or light jogging can significantly improve fitness levels. For more advanced individuals the increased intensity or duration can continue to challenge your body and drive further improvements in endurance and strength.

#### Mental Benefits

The benefits of interval training extend beyond physical health, significantly impacting mental wellbeing. Engaging in regular interval training releases endorphins, our body's natural mood elevators,



which can help reduce symptoms of depression and anxiety. The sense of achievement from completing challenging intervals also boosts self-esteem and confidence.

Cognitive function is another area where interval training can help. The increased blood flow from exercise improves brain function,

enhancing memory, focus, and cognitive flexibility.

Also the variety of interval training keeps workouts interesting and engaging, reducing the likelihood of boredom and burnout. This can help you maintain a consistent exercise routine, which is key for long term health and wellbeing.