

## **Week 4 – Daily Motivation**

### **HIIT It Hard – Getting Results In Less Time with Interval Training**

Interval training can help you get the most out of your workout.

Are you ready to shake up your workout? Looking for a way to burn more calories without spending more time working out? Consider HIIT (High Intensity Interval Training). Once the domain of elite athletes, interval training has become a powerful tool for the average exerciser, too.

What is interval training?

It's not as complicated as you might think. Interval training is simply alternating bursts of intense activity with intervals of lighter activity.

Take running...If you're in good shape, you might incorporate short bursts of sprinting into your regular jog. If you're less fit, you might alternate leisurely walking with periods of faster walking. For example, if you're walking outdoors, you could walk faster between certain mailboxes, trees or other landmarks.

What can interval training do for me?

Whether you're a novice exerciser or you've been exercising for years, interval training can help you mix up your workout routine. Consider the benefits:

- You'll burn more calories. The more vigorously you exercise, the more calories you'll burn — even if you increase intensity for just a few minutes at a time.
- You'll improve your aerobic capacity. As your cardiovascular fitness improves, you'll be able to exercise longer or with more intensity. Imagine finishing your 60-minute walk in 45 minutes — or the additional calories you'll burn by keeping up the pace for the full 60 minutes.
- You'll keep boredom at bay. Turning up your intensity in short intervals can add variety to your exercise routine.
- You don't need special equipment. You can simply modify your current routine.

If you're working toward a specific fitness goal, you may want to take a more scientific approach. Our trainers at 8 ONE 8 FITNESS can design a custom program of varying intensity and duration for your specific goals — which may include movement patterns similar to those you'll use during your sport or activity — based on your target heart rate, the ability of your heart and lungs to deliver oxygen to your muscles (peak oxygen intake), and other factors.

### **CHECK YOUR TECHNIQUE**

You might learn weight training techniques by watching friends or others in the gym — but sometimes what you see isn't safe. Incorrect weight training technique can lead to sprains, strains, fractures and other painful injuries that may hamper your weight training efforts.

## **TRAINING DO'S**

Lift an appropriate amount of weight. Start with a weight you can lift comfortably 12 to 15 times. As you get stronger, gradually increase the amount of weight.

Use proper form. Learn to do each exercise correctly. The better your form, the better your results — and the less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight or the number of repetitions. Remember that proper form matters even when you pick up and replace your weights on the weight racks. If you're not sure whether you're doing a particular exercise correctly, ask a personal trainer or other fitness specialist for help.

Breathe. You might be tempted to hold your breath while you're lifting weights. Don't. Holding your breath can lead to dangerous increases in blood pressure. Instead, breathe out as you lift the weight and breathe in as you lower the weight.

Seek balance. Work all of your major muscles — abdominals, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way, such as the front of the shoulder and the back of the shoulder.

Rest. Avoid exercising the same muscles two days in a row. You might work all of your major muscle groups at a single session two or three times a week, or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.

## **TRAINING DON'TS**

Follow these tips to avoid common mistakes when you're weight training:

Don't skip the warm-up or cool down. Cold muscles are more prone to injury than are warm muscles. Before you begin your workout, warm up with some basic stretching and five to 10 minutes of jogging or other aerobic activity. Do the same for a cool down at the end of a workout.

Don't rush. Move the weight in an unhurried, controlled fashion. Taking it slow helps you isolate the muscles you want to work and keeps you from relying on momentum to lift the weight.

Don't ignore pain. If an exercise causes pain, stop. Try it again in a few days or try it with less weight.

Remember, the more you concentrate on proper weight training technique, the more you'll get from your weight training program.

**Make your fitness journey a little less complicated with these 10 tips.**

### **1. Plan Ahead**

If you have a day by day planner or a calendar, write in the times you are going to work out and consider it non-negotiable. Whether it is in the morning or at night, consider your workout part of your daily schedule, not something you will "fit in" if you have time.

## 2. Break It Up

The daily recommendation is at least 30 minutes a day of moderately intense exercise, but people often think it needs to be done all at once. It's perfectly acceptable to break up your workouts into 10 minute spurts. If you are at work, go out for a brisk walk in between meetings. Take a break from answering emails and stretch for 10 minutes in your office. Any sort of physical activity counts as exercise, and little bits of it throughout the day really add up.

## 3. Pack Snacks

Of course you're going to get hungry during the day, but making trips to the vending machine is a surefire way to ruin your diet. Take the time every week to pack healthy snacks in single serving bags to take with you wherever you go. Make sure your snacks have a good combination of fiber and healthy fats to ensure you feel satisfied. A good example would be an apple with two tablespoons of peanut butter, baby carrots and hummus, or a slice of whole wheat bread topped with low fat cheese and avocado. Not only are these choices healthier than any vending machine snack, but they will also leave you feeling far more satisfied throughout the day and you'll be less likely to "crash and burn".

## 4. Circuit Train

If you do make it into the gym, make every minute count. Have a personal trainer help you create an intense circuit training routine that will keep you moving the entire time, instead of standing around in between sets. Circuit training consists of several exercises that can be done right after another. Not only will you get a great total body workout, but all the moving around will get your heart rate up and you'll end up getting a great cardio workout as well.

## 5. Multi Muscle Exercises

Along the same lines as circuit training, multi muscle exercises are a great way to cut your workout time in half. It's easy: simply perform two exercises at once instead of one at a time. A prime example would be a forward lunge coupled with a bicep curl. Another great example is a squat with an overhead press. By combining two moves into one, you're still giving yourself an intense workout, only in a shorter amount of time.

## 6. Work Out on Your Lunch Break

Do you really eat lunch for an entire hour? The average American meal lasts about 10-20 minutes, so chances are you're left with about 40-50 minutes of spare time. So what do you do with it? Your lunch break should be just that: a break. Get away from your desk and get some exercise, whether it's at a gym or simply going for a walk. These active breaks will help to clear your mind and relieve stress, making you more productive during the day.

## 7. Take the Stairs

You've probably heard this one many times before, but if it's not hammered into your head by now you're going to hear it again. It's the little things that add up. Do you work on the 5th floor of your office building? Take the stairs. It's a great workout and you'll probably find it's faster than waiting around for the elevator. If you work on a really high floor, take it one step at a time. Aim to climb the first 3 flights and take the elevator the rest of the way. Gradually increase it every week until climbing up to your office feels like a breeze.

#### 8. Intensify Your Chores

Nobody likes doing chores, so why not look at it as a way to get some exercise? Mow the lawn (without the ride on lawn mower), or water the flowers yourself without using a sprinkler. Doing laundry can count as exercise, too. Try to think of ways to make your chores a little more intense. Instead of bending over to throw a load of laundry in, perform a squat on your way down and up. While you are waiting for the water to boil for dinner, perform a couple sets of pushups and lunges. These simple changes will help to improve your health and, by strengthening your core muscles, will make everyday movements seem that much easier.

#### 9. Walk/Ride to Work

This may not be feasible for many individuals, but some people who work in a city might have the option of walking or riding a bike to work. The benefits of this are even better than just making you healthier. You will save money on gas, do your part in helping the environment, and find your commute is probably shorter by avoiding traffic. If this is not an option for you, try the age old trick of parking as far away from your building as possible. It's amazing how a fast walk across the parking lot can get your heart pumping.

#### 10. Keep a Food Journal

Your diet and how you eat is just as important as your fitness regimen. Keeping a food journal and writing down everything you consume are great ways to gain insight into how much you're eating and what you're eating habits are. By identifying key factors and trigger points in your diet, you will get to know your body better and be more prepared for when a craving hits and how to deal with it.