

Health & Wellness Tip of the Week

Week 1 January 2, 2017

January is all about **Physical Fitness**

It is the perfect time to remind everyone about the importance of staying fit and active.



It's Time to "HIIT" It

Want to get more out of exercise in less time? Consider High Intensity Interval Training (HIIT). It can increase strength and performance with the added bonus of a higher calorie burn.

- 👉 HIIT involves varying the effort you put into whatever you're doing—walking, running, biking, or swimming.
- 👉 During a HIIT session, you exercise "all out" for 60 to 90 seconds, rest for 30 to 60 seconds, and then repeat.
- 👉 A key principle: always keeping your body guessing. When your body gets used to an activity, improvements slow.
- 👉 HIIT sessions usually last less than 20 minutes, not including warm-ups and cool downs.
- 👉 For greatest benefit, pick activities—such as running, bicycling, or swimming—that safely use the largest muscle groups.
- 👉 HIIT increases the calories you burn during your exercise session and afterward because HIIT increases the time it takes your body to recover from each exercise session.
- 👉 HIIT workouts shouldn't be done on consecutive days. If you don't rest your muscles, you can increase your chances of injury

Sources: Hope Health

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