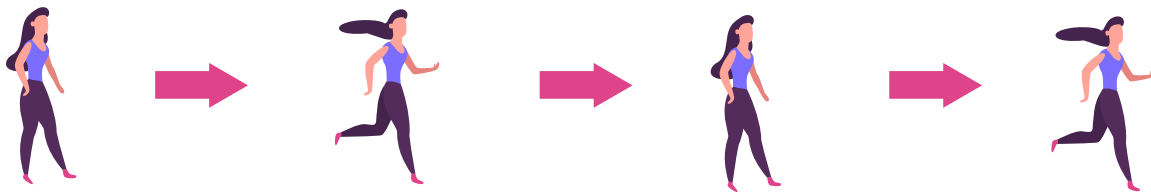


Intermediate Exercise: Interval Training

Alternating intervals of low-intensity and high-intensity exercise can burn more total calories in a shorter time, reducing the amount of time you need to exercise each week.

What is Interval Training?

Interval training combines short bursts of intense exercise (30 seconds) with longer periods of low-intensity (1-2 minutes) exercise. What “intense” exercise means is relative to your fitness level - for example, it could be 30 seconds of jogging mixed with one minute of walking, or even 30 seconds of brisk walking with two minutes of walking at a moderate pace.



What are the Benefits of Interval Training?



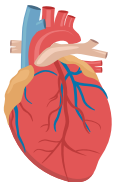
Burn more calories

Increasing the intensity of your workout will result in burning more calories. You won't spend a lot of time in the Fat Burning Zone, but you'll burn more calories overall, which is the biggest factor in losing weight.



Decrease Time Exercising

Interval training is ideal for people with less spare time. The recommendation for 2 ½ hours of exercise assumes a moderate activity level. A more vigorous activity level like interval training can reduce the amount of time per week to 75 minutes (1 ¼ hours).



Improve Cardiovascular Health

Intense exercise improves your cardiovascular and aerobic capacity, which will improve your overall fitness level and reduce your risk of heart disease, diabetes, and high blood pressure.

Are There Risks to Interval Training?

Interval training is adaptable to many fitness levels, however it's a more intermediate exercise technique and is not recommended for beginners. More intense interval training (often called High Intensity Interval Training or HIIT) can work in push-ups, squats, jumping jacks, burpees, etc. If you have a chronic health condition, speak with your doctor before starting an interval training program.