

DISCOVER HIIT
YOU WON'T QUIT



by Karlie Intlekofer, Ph.D.

We all have our own unique goals when it comes to exercise. Some of us are striving to shed a few pounds. Others would like to build muscle for a more impressive physique. Still others are hoping to tone their bodies and improve their overall fitness. Whatever your goal, high-intensity exercise can help you break through plateaus and achieve results you can truly see in the mirror.

Better for Your Body

Improved fitness and body composition are the two most sought-after physical results of exercise. According to research, both outcomes are particularly sensitive to intensity level. For example, compared to low-intensity workouts, randomized controlled trials show that high-intensity workouts drive at least twice the improvement to fitness and at least twice the reduction in body fat. Additionally, when subjects were pushed beyond their comfort zone, they made about twice the physical progress when it came to gaining muscle and losing fat compared to those who shared the same goals but followed their own workout plans.

Remember that the progress you make will be closely tied to the peak intensity of your workout. For both strength and cardiovascular training, higher intensities are often required to overcome plateaus and keep progressing toward your goals.

Intensity Right for You

Not everyone who exercises is at the same fitness level, so it's important to consult a fitness professional before starting high-intensity workouts. Personal trainers will come to understand your strengths, limitations and goals, creating workouts that vary in intensity in ways that help you overcome fitness and strength plateaus. As a bonus, the one-on-one conversations will help you mentally prepare for the effort and learn how to notice the physical signs of intensity without overdoing it.

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Keep in mind that higher intensities produce more physical signs of exertion, including more sweating, heavy breathing and even mild burning sensations in the muscles. While these workouts include a higher degree of discomfort than low-intensity exercise, the results will be worth it. As the saying goes, if the workout doesn't challenge you, it won't change you.

The Rewards of Intensity

By taking on high-intensity workouts, you can experience the joy of accomplishment when you see your efforts reflected in improved physical fitness and body composition. Whether you're striving to lose weight, build muscle or tone your body, remember that your physical transformation goals are always just outside your comfort zone. Visit our facility today, and we'll help you find a high-intensity workout that's right for your abilities and your goals.

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