



Benefits of High Intensity Interval Training.

EFFECTIVE ENERGY USE TO MAKE THE MOST OF YOUR TIME

When we dedicate our time to a new fitness regime we want to make the most of our time. Studies have shown that 15 minutes of HIIT burns more calories than jogging on a treadmill for 1 hour.


HIIT uses a system of work-hard-then-recover intervals, alternating between high intensity intervals and short resting period. Through interval training your body learns how to efficiently use the energy that comes from your bodies energy systems.

When participating in such high intensity workouts your body takes longer to repair. This means in 24 hours after a HIIT workout your body is still burning calories and fat whereas in a steady pace workouts, you may not.

It is hard for most people to push themselves to an anaerobic zone, with high intensity interval training you are more likely to reach that level consistently knowing that a rest period comes just after you reach that point. This helps strengthen your heart and maintains an effective blood flow.

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It is great for your health - When you are committed to a fitness regime, you are also more likely to make healthier food choices and increase your water consumption throughout the day. This means an increase in energy, a reduction in body fat, an improved body composition and more confidence.

Knowledge is key - Are you ready to take control and begin seeing successful results?

Why not purchase our 'Nutrition & Lifestyle Action Plan' a 90-Day educational email series changing habits and behaviour, transforming your health and results.

Hit the link below to find out more or to see other ways we can support you on your journey to health

www.jwchealthandfitness.com/nutrition-burning

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