



HIIT AND WHY IT IS POPULAR

BY: DANIELLE OLIPRA

High-Intensity Interval Training or HIIT has become a popular workout trend—why is it so popular? Keep reading about HIIT and try a new routine to change up your workout.

CONVENIENCE OF HIIT

HIIT training appeals to people with limited time to work out. High-intensity interval training boasts the benefits of a good workout in less time. In a 20 to 30-minute routine, you can get effective aerobic and strength training by working harder instead of longer. This is achieved by exercising vigorously for 30 seconds to several minutes then followed by shorter periods of lower-intensity exercises or rest. This exercise cycle is repeated for a total of 20-30 minutes.

HIIT workouts don't require much space or any equipment – you can do a full routine anywhere. Equipment like weights can be added for extra resistance and to burn more calories.

BENEFITS OF HIIT

Aerobic exercise has been proven to improve your overall health, so what's special about high-intensity interval training? HIIT routines are designed to increase your heart rate to 80-90% of your maximum heart rate during vigorous exercise, which can help improve heart health

While HIIT routines can help you lose weight, build stamina, and improve your health overall, they are not necessarily better for you than other types of workouts. HIIT can be a fun challenge or a way to change up your workouts but remember the best kind of activity is any you will do consistently.

BEGINNING A HIIT ROUTINE

It is important to consult your healthcare provider before starting any new exercise regimen. If you are

interested in trying a HIIT workout, find a fitness class near you or find a free video online. If you are new to exercising vigorously, try a shorter workout to get started. You can find routines as short as eight minutes that can still get your heart rate up and get you sweating!

References

1. [High-intensity exercise and your heart - Harvard Health](#)
2. [HIIT \(High Intensity Interval Training\) | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)
3. [Evidence based exercise - clinical benefits of high intensity interval training - PubMed \(nih.gov\)](#)