

Getting fit in less time

Have you heard of interval training for exercise? You may have assumed this type of exercise is only for athletes. However, people of almost all fitness levels can use it.

Interval training means you add short bursts of more intense activities into your regular exercise routine. How fast and how long you do your intervals is completely up to you. This can be as simple as 10 seconds of running and then 4 minutes of walking. If that's not possible, alternate brisk walking with slower walking.

Intervals don't have to be more than a few seconds. One of the biggest advantages is that you don't need any special equipment to get started!



FOR BEGINNERS

- Choose a distance if you don't want to count or use a stopwatch. For instance, jog or walk briskly to the next tree or driveway.
- If using equipment like an elliptical machine or bike, alternate faster bouts of that exercise with your usual pace.



Interval training can be done at your fitness level. But, don't be too aggressive at first because you could get an injury. While you want to get your heart pumping, you don't want to make it so hard that you can't stick with it.

Studies suggest that interval training can be safe and helpful to most people. Ask your doctor before starting a new exercise plan to be sure it's right for you.

Source: American College of Sports Medicine