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# REASONS TO SWITCH TO TO HIGH INTENSITY INTERVAL TRAINING IF YOU ARE A WOMAN OVER 40

High Intensity Interval Training (HIIT) workouts are short, 30 - 40 minute workout sessions, but in order for these short sessions to be as beneficial as possible, you need to keep the intensity level high. The word "intensity" might scare, intimidate or even shut you down completely, BUT it doesn't have to. You need to have a workout that is high intensity for YOU. No shame. No guilt. No comparison.

## 1. Can Be Done Anywhere At Anytime



You don't need a gym membership, special equipment or lots of time. Just make sure you give your very best effort for a short period of time, followed by a time of recovery, and then repeat.



## 3. Burn More Fat

A HIIT workout will send your body's repair cycle into overdrive so you will burn more calories during the workout. But a HIIT workout will also increase your metabolic rate for up to 24 hours after your workout is complete burning even more calories!

## 5. Increase Your Confidence



HIIT workouts involve you pushing beyond what feels comfortable. This can lead to a feeling of accomplishment that spreads into other areas of your life.



## 7. Engaging

You are more likely to stick to HIIT workouts because your mind is engaged as well as your body. It's hard to work with intensity if you aren't paying attention. And when your mind works along with your body to accomplish a goal, it's a beautiful thing!

## 2. Highly Efficient



A HIIT workout can range from 10-30 minutes. Make sure your workout is no longer than 40 minutes which will cause cortisol levels to rise. Cortisol is often referred to as the "stress hormone," which when cortisol levels are elevated have been linked to abdominal fat storage and muscle loss.

## 4. Build Your Endurance



Research has shown that participants have increased their endurance level in as little as 8 weeks of doing HIIT workouts. That means they could exercise twice as long as they could before the experiment, while keeping the same pace.

## 6. Decrease Hunger



Studies have shown that HIIT workouts suppress the appetite naturally by reducing the amount of ghrelin, an appetite-stimulating hormone, in your body.

## 8. Help Keep Your Hormones in Balance



As we approach menopause, our cortisol levels increase as part of our natural hormone changes. HIIT workouts keep cortisol levels lower than steady-state exercise.