



Do you have 15 minutes to spare?

You can increase your metabolism in only 15 minutes with  
“HIT”!

Researchers have found that doing High Intensity Training (HIT) for short bursts of time can increase our body’s ability to metabolize sugar, resulting in weight loss and muscle building. In the primary study, the subjects exercised for only 15 minutes just three times a week for two weeks. The results were amazing and ground breaking. All subjects showed greater ability to metabolize sugar, thus reducing risk factors for diabetes and other metabolic disease. Naturally, weight loss was also a result.

So what, exactly, did they do for 15 minutes that was so effective?

They simply exercised as hard as they could for **30 seconds**, with about 3 minutes of recovery (rest). In this study, the subjects cycled on a stationary bike. They did this **4-6 times for a total of 15 minutes, three times a week**. In principle, any aerobic activity done at full-speed effort will do the same thing. Their metabolism was greatly improved in only two weeks. Metabolism is simply the rate that our body uses calories. The higher our metabolism, the more calories we burn, thus losing weight. Interestingly, the subjects in this study were sedentary, in that they did no exercise prior to this.

The hormones that assist fat burning and muscle building skyrocketed in a British study that also had subjects sprint for 30-second intervals. When we use our fast twitch muscles (the ones for power and speed), our body is shocked, and responds by using more oxygen and burning more fat.

**Translation:**

1. Go for short (30 second) bursts of HARD activity. This means that you give all-out effort that you could not possibly sustain for much longer.
2. Do this several times (at least 4, more is better).
3. Do this at least 3 times a week.
4. Lifting some type of weights will also benefit your efforts.

Get ready for increased energy, fat burning, sugar metabolism and weight loss!

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