

CitrusRoute

PERSONAL TRAINING

To Run or Not to Run?

If you walk the same distance as another person runs, will the weight loss effects be the same? Unfortunately, the answer is not as clear as one would hope. We know that running expends more energy than walking, and if we are burning more calories, we should lose more weight, (depending on what we eat).

In one study of walkers verses joggers the total amount of weight lost by participants was the same, but it took the walkers 3 hours and the joggers 2 hours. If you are doing moderate activity like walking, it takes longer to burn more calories compared to vigorous activity, like running. Intensity doesn't have a significant effect on weight loss. What matters is the total number of calories you burn. At the end of the day if running is not your favorite activity then a moderate activity like walking is the best thing. You just need to walk longer to burn more calories, especially if the goal is fat loss.

Now if you want to improve your cardiovascular fitness i.e. heart and lungs, then intensity does matter and vigorous exercise is best. High Intensity Interval Training (HIIT) is even better. This means you need to do 20 or 30 seconds of intense exercise and then rest for 10 seconds. Do HIIT activity for approximately 30 minutes instead of working consistently at moderate intensity for 30 minutes.

We still need more information on the effects of moderate intensity interval training for fat loss and cardiovascular health! Just Keep Moving!

Newsletter July 2015

Fall Boot Camp

Starts Monday September 14th @ 7 pm.

Only \$100 for 14 classes!!

Ends December 14th, 2015

Contact Cindy today to confirm your spot.

Lets do some HITT workouts!!

Osteoporosis Workshop

Learn how to safely perform your everyday activities, improve muscular strength, balance, & posture. Reduce your chance of fracture.

Next Session September 2015

Call Cindy 519-212-6063 or
cindy@citrusroutept.com

Cindy offers private personal training and kinesiology in her home studio. Call or email today to book an appointment.

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