

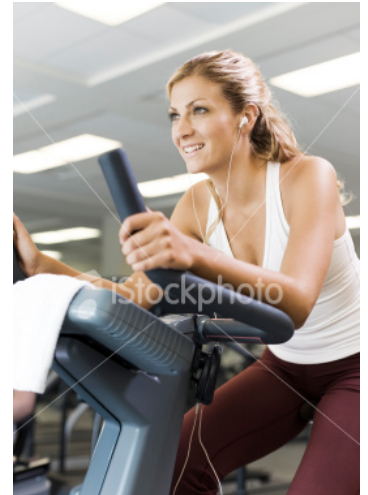
Get Fit Quick: The Fast Track to Fitness

Trying to keep fit but struggling to find the hours to establish a routine? A few minutes may be all you need.....!

You can now build an exercise programme to suit you from just a few minutes a day and see the same benefits as you would see from hours at the gym, according to researchers at a Scottish University.

High-intensity interval training (HIT) has been found to reduce future risk of developing type 2 diabetes and cardiovascular disease in young and middle-aged adults. The intensive training for very short periods a few times a week has shown to produce similar benefits to spending five to six hours a week involved in exercise programmes.

Type 2 diabetes has become an international health concern, accounting for around 6% of all global deaths and affecting some 246 million adults worldwide. It causes the body to gradually lose the ability to use insulin to convert food into energy. At worst, the condition can lead to heart disease and strokes and is closely linked to inactivity – the norm for many of us today.



As the exercise takes so little time and has significant benefits, the researcher believes it could have a big impact in reducing diabetes cases. Workouts can be completed virtually anywhere as long as they are completed at maximum intensity. Four sprints of 30-seconds on an exercise bike, running upstairs or even on the spot with short rests in between bursts, performed just 2 times-a-week will deliver positive outcomes to health.

As with most scientific findings, this concept to exercise doesn't come without its challenges. This interval training only burns about 250 calories a week, so therefore not recommended for those wishing to lose weight. One natural fitness expert suggests that this exercise should be combined with an approach to sustain walking first then add bursts of high energy activity as desired.

How to get fit quick:

- **Warm-up** – Ride your exercise bike, or jog on the spot, slowly at first, picking up to moderate activity.
- Time 30 seconds and go flat out at your activity and don't stop. (pushing it to the max for even this short time will make you breathless).
- Drop the intensity to slow warm up levels of movement. Rest for up to a minute.
- Repeat the process two or three times.

Before you start participating in vigorous exercise, you are advised to consult your GP.