



WHAT'S NEW IN FITNESS TRAINING AND NUTRITION

By Chad Clark, MSPT, CSCS

INCREASE YOUR INTENSITY

Increasing intensity in your cardiovascular exercise program can make your workouts more efficient and expedite your results! Studies show that high intensity interval training (15-30 minutes) is superior to moderate intensity/longer duration training (45 minutes and longer). The higher intensity aerobic training increases energy expenditure and reduces body-fat to a greater extent. The research reveals 50% greater increase in total calories and fat burned with intense cardiovascular exercise.

BURN MORE FAT!

The total amount of calories burned after intense aerobic training is 142% more than lower intensity aerobic training up to one hour after the session. This accelerated rate of burning fat and calories may last 48 hours in some exercisers.

SAVE YOUR MUSCLES

Excessive low intensity exercise can burn muscle, but high intensity training preserves lean muscle mass. Compare the physiques of marathon runners to sprinters. Sprinters carry more muscle that helps them burn more fat, even at rest! Increasing muscle mass can increase your basal metabolic rate up to 7%.

BOX FOR FITNESS

Recent research from the Universities of New Mexico and Mississippi showed that shadow boxing in two minute intervals raises heart rate and energy expenditure enough to be a valid cardiovascular workout.

Sample Workout using above example:

Shadow box 2:00 minutes Walk 1:00 minute
Repeat above 5 to 10 times for a 15 to 30 minute

FITNESS FACTS AND FIGURES

On the next page is a printable sheet for you to note results for the physical tests and measurements everyone should be familiar with. Please note that "<" means less than and ">" means greater than.

For any questions or comments please contact:

Chad Clark, MSPT, CSCS: Chad@pt-connections.com

© Physical Therapy Connections www.pt-connections.com



WHAT'S NEW IN FITNESS TRAINING AND NUTRITION

By Chad Clark, MSPT, CSCS

FITNESS FACTS AND FIGURES

TEST	RESULTS	IDEAL MEASUREMENTS
Blood Pressure		120/80
Waist		Men = <40", Women = <34"
Waist/Hip Ratio		Men = >0.94, Women = >0.82
Percent Body Fat		Men = 15%, Women = 22%
Obese		Men = >25%, Women = >38%
Fasting Glucose		80 mg/dl
Total Cholesterol		<200 mg/dl
Triglycerides		<150 mg/dl
HDL		>60 mg/dl
LDL		<100 mg/dl
Homocysteine		<6.0 micro mol
CRP		<2.0 mg/L
HDL/Total Cholesterol		0.2-0.6
Total/HDL		2-4
HDL/Triglyceride		<2
Triglyceride/HDL		<2

For any questions or comments please contact:

Chad Clark, MSPT, CSCS: Chad@pt-connections.com