

## *A Better Workout Regimen in Minutes a Day*

In today's fast paced world we are all looking for a less time consuming way to achieve a healthier and more visually appealing body. So would it interest you to hear that you can get a better workout in just a fraction of the time? Well, it's true. Evidence continues to mount that shows shorter "bursts" of high intensity activity with rest periods in between is one of the most effective ways to exercise. This alternating technique, known as "Burst Training" or "High Intensity Interval Training" (HIIT), has been around for decades but is experiencing newfound popularity as its benefits are publicized. You can lose weight, reduce cravings, optimize blood sugar, lower triglycerides, build strength, reduce inflammation, and feel great while still having time to complete your other activities during the day.

When scientists compared traditional cardio exercise (20-60 minutes of moderate, repetitive

exercise) to burst training (20-60 seconds of high intensity exercise), they found bursting could burn the same calories in 1/15th the time! Burst training only requires 4-8 minutes to burn the needed calories for effective fat loss, while traditional cardio requires 20-60 minutes. With traditional cardio your body burns fat during exercise, but after the exercise your body will use carbohydrates to replace the fat in order to be ready for the next exercise session. With burst training you burn carbohydrates during exercise and fat afterwards. As a result you will become a more effective fat burner throughout the day, even when you are not exercising.

Prolonged moderate-level cardio workouts (like jogging) can lead to repetitive stress injuries. The body takes a constant pounding with every stride, placing excess strain on the joints which frequently leads to inflammation and pain. High intensity burst training puts less

of a load on complex joints such as the ankle, knee, and hip, while demanding more from skeletal muscle. Not only can most muscular injuries be prevented with proper warm-up techniques, but should an injury occur muscles will heal faster than joints due to the higher blood supply present in muscle compared to joints and ligaments.

New studies also revealed that hormones play an important role in weight loss. Traditional cardio exercise produces high levels of the stress hormone cortisol which causes the body to store fat. Bursting stimulates growth hormone which helps build bones and muscle while burning fat. Although burst training requires intense periods of exercise, the session is broken up with periods of rest in between. This technique will benefit everyone who uses it...just be sure to start out at your own pace. When properly implemented, bursting will provide rapid weight loss, and

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improve body composition, muscle tone, endurance, and self-image. So give bursting a try... you'll like the results.



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