



## Been thinking about doing HIIT?

With summer officially here, it's time to get creative with your workouts. No longer do you have to deal with dark mornings and inclement weather, so it's time to get outdoors.

Outdoor exercise no longer means doing your own thing, or limited options, or missing out on professional advice. This is because many personal trainers and businesses are operating both inside a gym, and outdoors, or working totally outdoors.

If you have been pondering taking your routine outdoors, you have officially run out of excuses, especially with the continued growth of High Intensity Interval Training (HIIT) meaning the lack of heavy weight and cardio exercise machines is no barrier to getting an amazing and effective workout outdoors. It can involve equipment you would see in the average gym, but can also use no equipment whatsoever. This is another advantage of HIIT training - it's something you can do almost anywhere.

HIIT stands for High Intensity Interval Training and is a type of training that combines hard work periods of exercise, with less intense recovery periods in an interval format. While HIIT is not limited to outdoors by any means, it is a style of training that works well this way.

Our bodies are not designed to work at high intensity for extended periods, so combining the work with active recovery, means we can work at a much harder level as we have time to rest.

One of the key benefits to this type of training is that it is fast; a session that will have some great benefits can be completed in less than 30 minutes. This makes it much more achievable for some than a group exercise class, or an hour on the cross trainer for those with time constraints.

There is also research to back up the effectiveness of high intensity training vs. the more traditional way we have got our heart rate up in the past. The latest research suggests that high intensity workouts can be just as beneficial as longer, steadier state workouts. Once again the great outdoors lends itself perfectly to this with parks and even urban areas having places to do this style of training.

As with all exercise and sports, there is some risk involved and HIIT is no different. When embarking on an HIIT style programme you want to make sure you are doing exercises and working at an intensity that is right for you. The best way to ensure this is to work with someone who can support you along

the way; someone who can be standing beside you as you workout, rather than following a video on the internet or having a friend share what they do. A good personal trainer or exercise professional will make sure the environment is safe as well.

Choosing a trainer who is qualified enough to assist you can be a difficult task. Some trainers may look great in their gym gear, but this does not mean that they necessarily know their stuff. The safest way to ensure you get the advantage of this new type of exercise and training is to only work with a REPs Registered Exercise Professional (NZ Register of Exercise Professionals - REPs is the quality mark of exercise professionals and facilities in New Zealand).

Registration with REPs is the recognised standard to ensure you are getting a safe and effective HIIT workout.

So stop those excuses, get a REPs registered trainer and head outdoors.

**Contact Details:**

For interviews and further information, please contact Richard Beddie Chief Executive, Exercise New Zealand richard@exercisenz.org.nz, telephone 0800 66 88 11, or Stephen Gacsal REPs Registrar, at stephen@reps.org.nz telephone 0800 55 44 99 - www.reps.org.nz

**Who is the NZ Register of Exercise Professionals (REPs)?**

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice. Using REPs Registered Exercise Professionals is the “Warrant of Fitness Check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

