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SIT to Get Fit?

The researchers from Canada are at it again. The same group that brought you H.I.I.T now tries to go one step further with SIT. Too many acronyms? HIIT stand for high-intensity interval training; SIT stands for sprint interval training. What's the difference?

HIIT uses intervals that last from one minute to four minutes in duration with an equivalent amount of rest between intervals; the intensity is adjusted to be able to last the interval time. In prior studies, this research group found that four 1-minute intervals with three minutes rest had positive effects on fitness levels and insulin resistance. But with a warm-up, work and rest intervals, and a cool down, it would take 30 minutes. Someone could walk for 30 minutes without the strain and get similar results.

They decided to reduce the time to just 10 minutes, hence the term SIT. Three 20-second intervals at an insanely high intensity, a two-minute warm-up and recovery between sprints, and a three-minute cool down.

Did it work? Can you invest just 10 minutes and get as fit as those who invest 50 minutes? The headlines said you can, but were they correct? I'll let you know on Saturday.

What are you prepared to do today?

Dr. Chet

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