

# Nimkee Fitness Center

## QUICK FIT TIP

### AUGUST 2016

**Every minute counts.** Researchers at McMaster University have found that a single minute of very intense exercise produces health benefits similar to longer, traditional endurance training. The findings put to rest the common excuse for not getting in shape: there is not enough time. “This is a very time-efficient workout strategy,” said the lead researcher. “Brief bursts of intense exercise are remarkably effective.” The study was published in *PLOS ONE*.

The McMaster team has previously shown that the SIT protocol, which involved three 20-second all-out cycle sprints, was effective for boosting fitness in short bouts. The workout totaled just 10 minutes, including a 2-minute warm-up and 3-minute cool down, and 2 minutes of easy cycling for recovery between the hard sprints.

“The basic principles apply to many forms of exercise,” the researcher said. “Climbing a few flights of stairs on your lunch hour can provide a quick and effective workout. **The health benefits are significant.**”

**Ask yourself today...**

**What did I do for my MIND? My BODY? My SPIRIT?**

**My RELATIONSHIPS? My CREATIVITY & PASSION?**

**Healthy Recipe: Cherry Frozen Yogurt**

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