



## Burn Fat & Increase Metabolism

NAME:

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This worksheet is a supplement training guide to “Burn Fat & Increase Metabolism” video published on July 20, 2016.

Today is a perfect time to take care of our temple, our body. High-intensity interval training, more commonly known as HIIT, has skyrocketed in popularity during the last decade. It's a very effective and time efficient method. But how good is HIIT in burning fat and increasing metabolism?

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

### ***High Intensity Interval Training- H.I.I.T.***

HIIT (high-intensity interval training) is an exercise training in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short to light recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

*"In research, HIIT has been shown to burn adipose tissue more effectively than low-intensity exercise - up to 50% more efficiently." It has also been shown to speed up your metabolism which helps you burn more calories throughout the day. ([www.musclemedia.com](http://www.musclemedia.com))*

### ***Aerobic V.S. Anaerobic***

Aerobic means “with oxygen”. It uses oxygen to burn fat and carbohydrates, producing energy. It's any activity that uses your arms and legs to move your body. On the other hand, Anaerobic exercise doesn't require oxygen, and targets your individual muscles. Anaerobic exercise builds muscle through short bursts of strenuous activity like performing push-ups at high levels of intensity or weightlifting. This type of exercise builds your skeletal muscle, and strength through weight and resistance exercises.

**Action Step:**

Follow 45-15 3 rounds rule. Perform exercise in high intensity for 45 seconds, followed by slow to low intensity for 15 seconds. Repeat up to 3 rounds.

*Get a team. Gaining muscles cannot be considered as an easy thing to do. You will need to seek the assistance of a reliable guide in order to gain muscles without much hassle. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.*

*What therapies will be part of your team?*

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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