

WALKING EFFECT OF HIIT IN DIABETES: A Short Review

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ABSTRACT

High intensity interval training has made positive headlines thanks to research showing that relatively small amounts of interval training can be as beneficial to health as longer periods of conventional cardiovascular exercise, such as continuous jogging. A key advantage of interval training is that it can be fit into the day before work, before lunch or any convenient free moment, even for those of us that lead busy lifestyles. Glucose metabolism and insulin sensitivity improved after both the high-intensity training and the moderate intensity continuous training, so the study suggests that people can choose the type of training based on their own preferences.

Keywords: HIIT, Diabetes and Walk.

INTRODUCTION:

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes, with times varying based on a participant's current fitness level. Interval training is a flexible form of training that has also been shown to be particularly beneficial for people with type 2 diabetes.

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In HIIT, the training sessions are highly intensive but short and followed by recovery period. For example, HIIT can be carried out in 30-second training sessions of maximum intensity and with a recovery sessions of a couple of minutes.

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BENEFITS:

As with any good exercise routine, HIIT has benefits for your heart, blood glucose levels and mental well being.

The following benefits are particularly associated with interval training:

- Can be undertaken in as little as 10 minutes
- Is very flexible – a wide range of exercises can be chosen
- Is suitable for people that currently have a low level of fitness
- Can be as effective as much longer periods of continuous exercise

HOW TO FOLLOW HIIT:

The idea is to tire your body during each burst of activity and then you have a short rest period before another bout of activity. During the rest period, try to keep moving but not intensely. For example, if you've been sprinting for the burst of activity, ease down to a jog and then walk for your rest period.

By the end of each active burst, you should notice your heart rate has risen considerably and your breathing has become deeper.

The length of time you exercise for can vary from one type of HIIT to another. Typical examples vary between 10 and 20 minutes.

Examples of high intensity interval training include:

- For a beginner try a 30 seconds bout of activity with 90 second rest periods in between.
- If well accustomed to interval training, you may try 3 minutes of exercise followed by 1 minute of rest.

Whilst the training aims to get your heart working faster, do not attempt to work yourself too hard before your body is ready. Start off at a gradual pace and increase the intensity gradually with each new exercise session.

WHICH EXERCISES ARE INVOLVED?

One of the great aspects of interval training is that you can choose from a wide range of exercises

- Running
- Cycling
- Squats

- Lunges
- Push ups
- Weights

You can even combine two different types of exercise in one activity bout. Such as a set of squats followed by a set of push ups and then your rest period. Even walking can be used if the options above are too challenging to start with.

CONCLUSION:

New research reveals that high-intensity interval training (HIIT) increases glucose metabolism in muscles as well as insulin sensitivity in type 2 diabetes. After just a two-week training period, the glucose uptake in thigh muscles returned to a normal level in test subjects.

References

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