

H&W QA

ASK THE EXPERTS

Q: *How long should my HIIT session be?*

Romulo Heredia, personal trainer at Ultimate Performance (upfitness.co.uk), says:

A: "True HIIT requires you to alternate between short bursts of 'all out' intense bouts of exercise (10 to 20 seconds) and longer rest periods (50 to 70 seconds). If you're in top shape and injury-free, it may be for you and you may be able to do it for 10 minutes to a maximum of half an hour. If you're going for longer than this, you're likely not pushing as hard as you could be during your work periods. However, if you've only got 15 minutes to train, you'll need to alternate between work and rest periods at an intensity you can sustain. If your goal is to improve cardiovascular health, all forms of cardio can be beneficial, but HIIT has been shown to have a slight advantage in terms of muscle growth and is, of course, more time efficient. However, if you tend to be highly stressed, HIIT might not be optimal for you, as it can elevate the body's stress response so lower-impact activity, such as walking could be more beneficial."

WHAT'S IN MY gym bag?

Hollie Grant, Pilates instructor and founder of Pilates PT (pilatespt.co.uk), says:

"As a working mum, I prioritise exercise as essential me-time more than ever. I have a million things to remember each day, so I'm a real stickler for routine, and tend to plan my gym bag in advance."

SUPPORT

"I still breastfeed my daughter, and I do a lot of high-impact training, so if I don't have a sports bra on me, I'm not going to train! Sweaty Betty has amazing ones that are designed for various levels of impact."

SWITCH OFF

"I'm one of those people that needs to listen to music when I train at the gym."

It helps me to switch off and it's one of the only times I get to listen to all the music my husband hates!"

FUEL

"I don't exercise to lose weight, I exercise to get stronger, fitter and push myself harder. To me, it's vital to refuel and so I'm all about the snacks. Dark chocolate digestives are my personal favourite."



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IF YOU DO ONE THING THIS MONTH...

...try your hand at golf to increase your longevity. This was put to the test when the American Heart Association studied over 5,000 older adults by comparing death rates among golfers and non-golfers. The sport, which is played by a whopping 25 million Americans, can provide benefits, such as stress reduction and regular exercise. Due to its social nature and controlled pace, people often maintain motivation and the ability to continue playing the sport, even in older age and after suffering a heart attack or stroke. A sport you can play while having a chit-chat? That's a hole in one!

SECRETS OF A PT

What's the difference between yoga and hot yoga?



Hannah Barrett, yoga instructor, author and post-natal yoga specialist (hannahbarrettyoga.com, follow her on Instagram @hannahbarrettyoga), says:

"Yoga is amazing for reducing stress and anxiety and creating calm and connection. This is the difference between traditional yoga and another popular form of the practice."

YOGA

"The physical practice of yoga is an ancient form of exercise that focuses on strength, flexibility and breathing for both physical and mental wellbeing. There are a huge variety of styles of yoga available, including dynamic vinyasa flow to slow and soft Yin."



HOT YOGA

"Hot yoga can be done in a range of styles and the class takes place in a room where the temperature is 30-40 degrees Celsius. Suggested benefits include increased flexibility, weight loss and improved cardiovascular health. It does however mean that it shouldn't be practiced while pregnant, as you need to be mindful of your body's limitations to avoid injuries and ensure to stay really hydrated."

