

HIIT Can Help With Appetite Control

It is becoming increasingly evident that exercise, besides directly contributing to the regulation of energy balance through energy expenditure, also may affect one's appetite and energy intake. Importantly, it appears that the benefits of exercise for appetite regulation may be optimized by manipulating the specific type of exercise employed.

In a recent study, it was found that HIIT (High Intensity Interval Training) programs aided in eating behavior that was beneficial for weight management in the short term (suppressed energy intake.) It also found high-intensity, intermittent exercise to be superior in suppressing energy intake compared with continuous exercise of a moderate intensity and a rest condition in an inactive and overweight population.

Another finding of equal importance was that the regular performance of HIIT did not compromise physical activity enjoyment. Furthermore, the HIIT routine was well tolerated and sustainable by the study participants. This means that it can be used with people that are just starting as well as those who have been training for many years.

Please contact us with any questions and comments.

Please review our business at: [Yelp](#) [City Search](#) [Angie's List](#)

Did you know you can work out and exercise with a trainer at your home, office, hotel room or pretty much anywhere in the world with online personal training?

[Sign-up](#) for a free consultation with me today.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

View our books on Amazon by [Clicking Here](#). Learn how to get a free audio book with all of the key fitness and nutrition principles [here](#).

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Pinterest](#)/[Instagram](#)/[YouTube](#)

(Hold down the Ctrl key & click the underlined words or logos)

Make sure to forward to friends and followers!