

Longer Workouts vs Shorter Workouts

Longer Workouts	Shorter Workouts
- <i>“One study comparing intermittent exercise vs. longer bouts recorded results in more decreased hip measurement of those in the long bout group as compared to the short bout group”</i>	- <i>“The short bout exercisers experience a greater reduction in BMI than the long-bout exercisers”</i>
- <i>“The Long Bout group participants completed walking at a higher intensity than the Short Bout and control groups”</i>	- <i>“Body mass and waist circumference decreased significantly only in short-bout walkers”</i>
- <i>“One group actually walked at a higher intensity, then during their walks they would necessarily burn more calories. Same time, high intensity, = higher energy requirement”</i>	- <i>“Short bouts of stair climbing activity throughout the day can favorably alter important cardiovascular risk factors in previously sedentary young women.”</i>
- <i>“In P.E., I find the full force of the workout characterized by how I feel the day after. After runs like, the 3 mile or 25 minute, I always feel sore, but great the day after. Shorter workouts like a mile run followed with some push-ups have less of an effect the day after, based on personal experience”</i> - Russell Katz	- <i>“Such exercise may be easily incorporated into the working day and therefore should be promoted by public health guidelines”</i>
- <i>“In my gym class, I lost 10 lbs over the course of two months. Each gym class is about 45 minutes. After joining a sports team, I lost 20 pounds over the course of two months.”</i> - Kadeem Finlater	- <i>“...too much sitting is hazardous to your health. It is essential to break up hours of sedentary non-activity with short sessions of activity”</i>
- <i>“For me, longer workouts are more intense as I have to continue exercising even as I get more and more tired and weaker. I think that in the long run, this provides greater endurance compared to shorter workouts.”</i> - Shaunak Kapse	- <i>“From the Willpower Workout Series right here on Planet-Based Fitness, we known that even 5 minutes of exercise can be powerful medicine for both body and mind”</i>
- The article leads you to believe that long and short workouts have the same effect as long as you break up sedentary activity. However, longer workout sessions increase your heart rate for a longer amount of time; more energy is needed, and therefore more	- <i>“Is it possible that the women who just plain moved it more often during the day were able to turn off their stress and ... tap into their higher best interests with their diets, thus subtly making better choices ... by eating more mindfully...”</i>

calories are burned.	
	<p>“Based on my experiences, if I worked out for a longer period of time, I was tired out and found it hard to continue on to different exercises, whereas when I worked out for a shorter period of time, I was still tired, but I could do more exercises afterward. This meant that I could work out multiple body parts in different ways in a short period of time, and still feel as though I had a proper workout.”</p> <p>- Shaunak Kapse</p>