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## HIIT: Myths And Facts Explained

by Femina (<https://www.femina.in/author/femina>) | March 23, 2021, 11:57 IST



High-Intensity Interval Training (HIIT) is cardio-respiratory training involving short duration, high-intensity exercise intervals of 30 seconds to two minutes intermingled with lower intensity intervals of active recovery i.e. the activity has to continue at a lesser intensity as this allows the muscles to remove the metabolic waste and produce more energy for the next bout of high-intensity exercise.

Here's debunking some myths and explaining some of the facts of HIIT.



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### Can We Or Can't We Do HIIT Every Day?

In today's hectic life, when we have less time to dedicate to exercise, HIIT is one of the most effective ways to burn calories fast. It's something everyone wants, quick fast results in as little as 30 minutes. But though it is recommended to do 30 minutes of exercise a day, it is not recommended to do this type of workout every day. High-intensity training puts great strain on your body. This will lead to overtraining, burnout and lead to injuries. Muscles do not get the rest required for the recovery process. Alternate your workouts. If you are doing legs one day, then do upper body the next day with a good sleep in between.

### Does HIIT Cause Increase / Decrease In Blood Pressure?

Some people feel that this type of training increases blood pressure. But on the contrary, this training helps improve resting blood pressure similar to other endurance exercises. HIIT workouts improve insulin resistance, maintaining your energy levels by regulating blood sugar.



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### **Does HIIT Training Give You Just A Cardio Workout, Or Does It Help Build Muscles?**

HIIT helps increase lean muscle mass; when you lose fat, your muscles become more defined. Just because you're working out intensely, it is important not to compromise on form. If you do not perform to the entire range of motion, your heart will feel worked out but your muscles are not getting it's complete contraction thus not helping you reach your goals. Also, make sure you don't skip your warm-ups because, without a warm-up, your body is at a greater risk for injuries.

### **Does HIIT Make You Sick?**

Doing too much can make you sick. It is a known fact that regular exercise boosts your immune system. But on the other hand, when your body is working at 85-95% of Vo2 max, it releases stress hormones besides good hormones like adrenaline, endorphins and cortisol... Stress reduces the immune system, and your body becomes susceptible to virus attacks.

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### Do You Feel You Are Gaining Weight With HIIT?

HIIT workouts use stored muscle glycogen not fat stores for energy. While your body is burning fat, you are also working on strengthening your muscles. You may look slimmer but as muscles are denser, you may end up looking heavier because of the increased muscle mass. HIIT triggers a release of human growth hormone and testosterone, both of which play a key role in metabolising fat.

### Can HIIT Be Done Any Time Of The Day?

It is not advisable to do HIIT on an empty stomach in the morning right after waking up. Give your body at least 30 minutes post waking up. Have a light breakfast an hour before working out because you need fuel in your body before any high-intensity workout.

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