

Gl sgow West He rtbe ts

What type of exercises are we doing?

New one HITT exercises

Our class has now five !!

- Aerobics
- Strength
- Balance
- Flexibility
- **Now HITT**

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Let remind ourself of the physical benefits of 4 we have been doing!

- **1 Aerobics** improve the health of the heart, lungs, and circulatory system. These exercises can make it easier to do repeated activities and is cardioprotective.
- **2 Strength exercises** increased muscle and strength for functional activities stairs, sit to stand, stairs etc Also good for joint integrity, bone health, weight management and glycogen control
- **3 Balance exercises** can help prevent falls – a major health risk for older adults.
- **4 Stretching or flexibility exercises** freedom of movement for many functional activities also joint lubrication.

Psychosocial benefits?

21 out of 50
are
psychosocial
benefits!
E.g. better
mood,
memory etc

50 REASONS to exercise

01. Lifts your mood
02. Improves learning abilities
03. Builds self-esteem
04. Keeps your brain fit
05. Keeps your body fit & able
06. Boosts mental health
07. Boosts your immune system
08. Reduces stress
09. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves Quality of Life

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Cognitive benefits
21/50

What is this new HITT?

- **High-intensity interval training (HIIT)** is a training type alternating short periods of intense exercise interspersed with lowered level exercise periods.
- Burst of faster harder exercise 20-30 seconds
- Must have a good warm up before doing it
- Only should be done where someone has been exercising regularly

What are the added benefits for us of HIIT ?

- **Improves aerobic fitness faster** . HIIT has been shown to increase VO2 max, a measure of how much oxygen your body consumes while exercising and the best available measure of aerobic fitness. **This increase occurs across age groups.**
- **Benefits heart health.** Interval training strengthens the heart muscle and improves cardiovascular health. The periodic boosts to your **heart rate during HIIT sessions promote more efficient oxygen use.**
- **Boosts metabolic function.** HIIT improves the function of mitochondria – tiny energy generators found in every cell of your body. **Improves removal of sugar in blood**
- **Builds muscle.** According to studies, HIIT can increase muscle mass, which includes muscle, by 1% to 3%. This is important for **older adults who begin to lose muscle at increased rates as they age.**
- **Preserves muscle power.** HIIT helps maintain fast-twitch muscle fibres, which are essential for quick, explosive movements. **This is especially important because fast-twitch fibers naturally decline with age,** making activities that require sudden bursts of energy more challenging.
- **Fast results.** Research shows that HIIT can lead to fitness benefits faster than traditional, steady-state workouts. **A HIIT session burns more calories and strengthens the heart more than moderate-intensity exercise.**

Examples of HITT exercise

- Fast running on the spot
- Fast squats
- Quick side steps half jacks or jumping jacks
- High knee raises and arms

Our phase IV class content

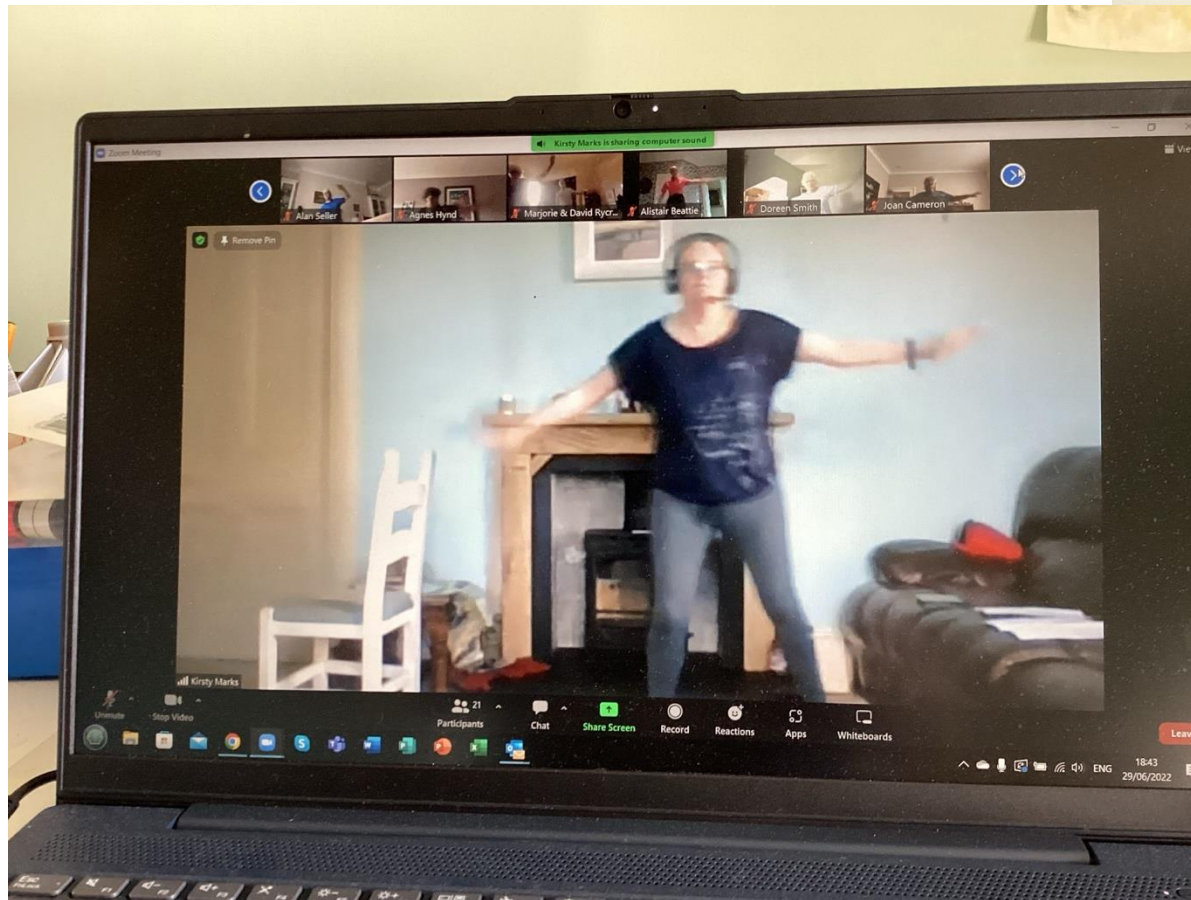
- 15 mins warm up with Dynamic Stretching
- 20 mins aerobic with 4-5 bouts of 20 second HITT exerc
- 4/5 min cool down
- 15 min strength then balance
- 5min flexibility Static only 12-15 second hold



- Minimal equipment chair, towel, weights, plastic bottle 12-4KG water sand chuckie
- Also we can do home programme NHS strength balance hand out 2 times a day or do other classes.



So we will be doing all 5 types on our zoom classes



Last message for us all!!



Thank you from the physios!

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