

## **Where's the Intensity?**

It seems all too often that people spend valuable time and money on their fitness and health without really seeing any significant gains. It's a common story; I eat well, I exercise regularly and I just can't seem to budge those kilos. The important question is; when did you last set yourself a higher goal? If you have been doing the same routine without setting higher goals each time, then how can you expect to achieve continuous results? This is where the significance of intensity comes in to play.

Intensity can be a scary word for some people, as it conjures images of extremely hard, vomit inducing workouts but this is not necessarily so. What you do need to realise is that intensity is the thing that evokes the most significant response from the body and ultimately causes the greatest results. The important thing to remember is that 'your' high intensity is different from someone 'else' high intensity and it should be relative to the fitness level of the individual at that point in time. If you are new to exercise or haven't trained in a while, it would be unwise to push yourself to levels of high discomfort. However, as your fitness and technique improve then the levels you can safely push yourself to should increase and continue to increase accordingly.

What is intensity? Most people place an ambiguous measure on intensity such as how much you sweat during a workout or how hard the workout felt mentally. Put simply, intensity is the amount of work carried out over a period of time. More work in less time equals greater intensity. Let's say that you currently run 5km in 25 minutes and you reduce that time to 23 minutes. You have performed more work in less time and therefore that workout was more intense than the previous. All forms of exercise can and should be measured this way. By taking this approach you will create goals and accountability in each workout and results will reward your efforts. What happens when I reach my goal? Set a new one and keep going; as soon as you plateau with intensity then so too will you results.

No matter what your current training involves; each and every time you exercise try to do more work in less time and watch those results come flooding in. Enjoy Fitness.

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The information contained in this article is the authors' opinion and should be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.