

Maximize Your Energy: for the Busy Dental Professional

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*"If I had known I was going to live this long,
I would have taken better care of myself."*

~Eubie Blake

*"Your body is the ground and metaphor of your life,
the expression of your existence."*

~ Gabrielle Roth

"What is always speaking silently is the body."

~Norman Brown

WHAT ARE SOME OF MY REASONS FOR BEING or GETTING IN THE BEST PHYSICAL CONDITION OF MY LIFE:

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NEW PATIENT EXAM LIFESTYLE QUESTIONS:

WHY?

- Rx meds:
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- Water intake
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- Supplements
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- Eat healthy
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-
-

- Sleep
 -
 -
 -
 - Exercise
 -
 -
 - Stress levels
-
- MD/DO physical
-
- Allied health visits

READING LIST FOR NUTRITION

Tim Spector. *The Diet Myth: the Real Science Behind What We Eat.* © 2015 Weidenfeld and Nicolson

Nancy Clark's *SPORTS NUTRITION GUIDEBOOK 5th ED.* © 2014 Human Kinetics

Sam Graci. *The Path to Phenomenal Health* © 2005 Wiley

David Servan-Schreibner. *Anti-Cancer: a New Way of Life.* © 2008 Harper Collins

READING LIST FOR EXERCISE:

Crowley C., *Lodge HS, Younger Next Year* © 2005 Workman Publishing

Schoenfeld Brad, *The Max Muscle Plan* © 2013 Human Kinetics

John Ratey. *Spark: the Revolutionary New Science of Exercise and the Brain* © 2008 Little, Brown & Company

READING LIST FOR SLEEP & LIFESTYLE

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Coelho P., *The Alchemist* © 1993 Harper Collins

Jacobs AJ., *Drop Dead Healthy* © 2012 Simon & Schuster

BOOST ENERGY WITH THIS TIME SAVING WORKOUTS:

By Uche Odiatu BA, DMD NSCA Certified Personal Trainer

Want to begin a regular exercise habit and don't have the time? With a busy practice, four kids 10, 8, 4 and 21 months, a busy lecture /travel schedule the last thing I have is loads of time to spend exercising. However if you are already a healthy active person, this is one training modality you can add to your current program and take your health to the next level. By the time you get half way through this article it will dawn on you that H.I.I.T. is going to be your way out of traditional steady state aerobic conditioning. I know it's hard to believe that anything in the exercise industry is new, but H.I.I.T. is all the rage in high end personal training circles. And it's time for me to blow the doors open on this insider strategy with my dental colleagues!

HIIT stands for High Intensity Interval Training and can be performed anytime anywhere with little or absolutely no equipment. From beginners to seasoned exercisers it can improve your muscular strength, increase cardiovascular fitness, boost a sluggish metabolism and burn incredible amounts of fat. It is the intensity in this new style of exercise that makes it different than "run of the mill" steady state styles of exercise ie jogging. What are the major physiological adaptations? Skeletal muscles form new mitochondria – the powerhouse factories in every cell that burn fuel for performance and energy (1). Want a second wind at the end of a long clinic day? Say good bye to the afternoon blahs and hello to renewed energy for you and your family when you get home. Have I got your attention? And by the way my resting pulse is 57 beats per minute, blood pressure 120/80, and body fat 10%, and have been a practicing dentist for more than 25 years might. I also don't exercise every day and never more than an hour even when I include my formal weight training at a gym five minutes from our home.

A HIIT exercise session is made up of a warm up period,

followed by three to ten repetitions of high intensity exercise periods, alternating with medium intensity exercise as a recovery, and consummating with an easy cool down. The high intensity portion ought to be done at near heart rate maximum (HRM). The medium exercise section is recommended to be about 50% intensity or 50% HRM. The exact number of reps and length of time each depends on your current fitness level and overall goals. There may be as few as four repetitions with as little as 30 seconds of high intense exercise bursts alternated with moderate periods for recovery.

Benefits of HIIT:

Time Efficient: 5-10 min as good as 50-60min to boost lung health

Excellent Fat burner: metabolism is heightened for 24 hours after

Unique: a new challenge for your heart, lungs & muscles

Engaging: multiple adjustments of intensity demand your attention

Simple: easy to implement for almost any type of exercise

Cost Effective: needs little or no equipment

Boost V02 max: the gold standard of measuring your fitness level

Strengthens your immune system: purges stale immune cells

Fun to do: a very different but pleasurable way to exercise

Why is HIIT getting so popular? Because of its lack of complexity and huge payoffs in physiological benefits! 85% of the population does not participate in regular exercise – each for many different reasons. Time being the number one! But many don't exercise because they aren't sure what to do or have made the entire process too complicated themselves.

Is it just cardio or aerobic exercise that is done with HIIT? Not at all! HIIT workouts may include a variety of exercises and drills that include bodyweight exercises, jumping ropes, dumbbells, kettle bells, rebounders and tractor tires/sledge-hammers. Yes I said sledge hammers...one of the advantages of being a certified trainer means that I get to attend loads of continuing education at personal trainer conferences around North America and I see the wildest most invigorating workouts you can imagine.

HIIT workouts that include multiple exercises and pieces of equipment might be a little confusing or overwhelming for people in the beginning. They would include a general warm up ie walking or using an elliptical but would move on to a series of alternating exercises ie walking lunges from one side of the room to the other with Sun Salutations from Yoga and jumping on the rebounder (mini trampoline).

FOR EXAMPLE:

3 minutes on the treadmill (warm up – no incline & walking)
 Walking lunges (from one side of the room to the other)
 Standing toe touches 1 set of 10
 Walking lunges
 Dumbbell chest presses on an incline bench 1 set 12 reps
 30 sec on rebounder
 Dumbbell chest presses 1 set of 12 reps
 1 min on elliptical with intensity
 lat machine pull-downs 1 set 12 reps
 1 min on elliptical with intensity
 Dumbbell curls 1 set 12 reps
 Push-ups (until failure)
 Dumbbell curls 1 set of 12 reps
 Push-ups (until failure)

Research at The University of Western Ontario has reported that short interval type training and long continuous runs produce similar health and fitness results, but they do it using remarkably different techniques.

Is there an easier strategy to follow for the beginner (there's way more beginners than elite athletes in this world)? I am going to focus on the beginner or novice exerciser as it's these people who need to be sold on the value of exercise and understand the payoffs.

For my favorite group to inspire I will spend some time on an area they will appreciate. I am going to choose the stationary bike as

it is one of the simplest pieces of exercise equipment to use to learn HIIT and experience the benefits. It's hard to fall off and no previous experience is required to ride it.

Warm up (2minutes)

Set the resistance at a low level – one that you can still breathe easily without any labor. RPM (Revolutions Per Minute) are 60-80.

Moderate Intensity

Set your resistance at a higher level – now you can say a few sentences but that is it. Keep the RPM the same (60-80) so you are working at a higher level. Maintain this for one minute. It will feel more challenging than the warm up and so it ought to be, “you are exercising!” You will feel your heart pumping and you may even break a sweat. Once you reach the one minute mark, set the resistance lower and enjoy some recovery

Recovery

In this phase you are allowing your body to recover and replenish. Breathing ought to return to normal and you will get a sense that you could push it again.

High Intensity

Yes, the moment people have been waiting for. Set the resistance higher than in your moderate intensity phase and stay at 60-80 RPM for 30 seconds. 15 seconds into it, it will feel like your thighs muscles are on fire. You may even need to stand up on the pedals as you go and pull on the handle bars like the cyclists do climbing Mont Ventoux in the Tour De France. You are working very hard and you can not even utter a few words as all your energy is going toward getting you away from an imaginary grizzly bear chasing you through the forest. At the 30-second mark you will be ready for the next recovery phase.

Recovery

This phase you will again be providing your 600 muscles a much needed rest. It can last as long as one minute (but can be as long as 3 minutes for deconditioned people). After one minute (if that is what you have chosen), you can go back to High Intensity.

This pattern of back and forth High intensity / recovery can go until you have been working for approximately 5-12 minutes depending on your fitness level. This type of training, even though it might seem very basic is capable of providing incredible fat reduction

Exercise physiologists have shown that HIIT burns more fat in the post exercise phase because EPOC or EXCESS POST OXYGEN CONSUMPTION is higher with HIIT than steady state exercises

results. But the results aren't just for shrinking the adipose tissue (one of your body's biggest culprits for fuelling chronic inflammation in your body).

HIIT is capable of boosting cardiovascular strength and endurance. The heart is a muscle and needs to be worked hard beyond what it is routinely capable of to get a training adaptation. Your chest has the bench press to strengthen it, but your cardiac tissue doesn't have hands to grab a dumbbell. In one sixteen week study, it was found that maximum aerobic capacity was greater with interval training than regular steady state or continuous training (2).

An important key to remember is to be gentle with your body with any new exercise program. HIIT like any other exercise technique adds new stress to your body and can be very demanding and can lead to overtraining if you push too hard. Add some HIIT at most two to three times a week. And make sure you incorporate other types of exercise into a complete exercise routine. Good quality sleep and excellent nutrition must be a part of the recipe if you want the body to respond by growing stronger.

Don't start a new exercise program unless you have the approval of your medical doctor or health care provider

References:

- 1 Journal of Applied Physiology 111:1554, 2011
- 2 Journal of Cardio. Rehab. Prev. 31: 378, 2011

Dr Uche Phillip Odiatu BA, DMD is the author of The Miracle of Health & Fit for the LOVE of IT! This practicing dentist is a NSCA Certified Personal Trainer & professional member of the American College of Sports Medicine. He lectures at all major conferences. Friend him on www.facebook.com/Odiatu Follow his Tweets on @Fitspeakers Take a peak at www.DrUche.com

High Intensity Interval Training QUICK FACTS From Uche Odiatu NSCA Certified Personal Trainer DMD

This is just a brief summary. Please email me at fitlove@rogers.com or info@fitspeakers.com or TEXT me 416-558-1774 for more specific information

Benefits of HIIT:

1. 7 minutes of HIIT is an efficient way to train your cardiovascular system
2. You dip more into fat burning over a 24hr period than one hr of steady state cardio.
3. EPOC excess Post Oxygen Consumption for 24 hours is the same as for one hour of cardio. Meaning for 24 hours after you metabolism is kicked into high gear. Why do one hour if the same amount of EPOC as 7 minutes
4. Better transferable to everyday life where you have to run hard, recover and run hard again i.e. running for a gate change at an airport and then stopping once you get on a flight
5. The stop and go of HIIT is better at training aerobic capacity. i.e. you go to lactate threshold and then recover and then go hard again and then recover.
6. STATIONARY BIKE is easiest way to do HIIT in the winter in

Canada.

7. HIIT is one of the best ways to build cardiovascular strength and is better for your heart than steady state training. – CAUTION – you need to have a healthy heart to start with must not have been warned that you have to be careful with any new exercise program.

8. LOW intensity – can maintain a conversation while exercise.
Moderate intensity – trouble finishing sentences. HIGH intensity – cant say more than a few words

9. Be wary of overtraining as HIIT is intense by definition and the joints, tendons, wrists, lower back need to be treated respectfully with the different modes of exercise

10. The whole idea is that intense work is followed by gentle recovery work

11. Ontario Society for Health and Fitness recommended benefits for older and for cardiac patients. They reported that 20 min of HIIT is equivalent to one hour of steady state running or jogging

12. HIIT has a huge after burn or EPOC vs steady state (no afterburn where the metabolism stays heightened after the exercise session).

13 HIIT has as much as 37% more fat burning after an exercise session than steady state due to its intensity

14. Due to its intensity one should leave one day in between HIIT workouts if intense enough ie 20 min of HIIT needs to be done only 3-4x a week

15. You can incorporate kettlebells, squats, stretching, DB weights etc into any HIIT workout as the between hi intensity cardio you can do active recovery

ie

Seven min HIIT using a stationary bike. Of course you can substitute an elliptical or treadmill (just increasing intensity by adding resistance on elliptical and speed + incline on treadmill)

one min of 5 out of 20 intensity knob or reading on your stationary bike

30sec at 10

30 sec at 20 (high intense)

30 sec at 5 (low intensity)

30 sec at 20 (high intensity)
30 sec at 5 (low)
30 sec at 20 (hi)
30 sec at 5 (low)
30 sec at 20 (hi)
30 sec (5)
30 sec at 20 (hi)
one min 5 (cool down)

this is a 7 min workout that I will do right now. This is a one to one ratio hi/low intensity. If someone was less trained it would be:

1:2 (high: low or 30 sec high and 60 sec low and back and forth after that...hope this makes sense. So one would have twice as long to recover between high intensity bouts

1:4 is one min high and 4 min recovery and allows more time to recover between intense bouts

1:9 is like beginner marathon training. One min jog and 9 min walking to allow even a beginner to do a marathon eventually

THIS HANDOUT IS FOR EDUCATION PURPOSES ONLY. MAKE SURE YOU GET YOUR HEALTH CARE PRACTITIONER SAYS IT'S SAFE ENOUGH FOR YOU TO EXERCISE. IF YOU ARE A RANK BEGINNER YOU ARE BEST TO GET THE HELP OF A CERTIFIED PERSONAL TRAINER TO GUIDE YOU PHYSICALLY THROUGH YOUR EXERCISE SESSIONS. SAFETY FIRST. ENJOY A LIFETIME OF HEALTH AND FITNESS. IT'S A WONDERFUL JOURNEY NOT A SPRINT. www.DrUche.com www.Facebook.com/UcheOdiatu

Write a short question, tear this page off & please bring it up to Uche at the end of the session or email (fitlove@rogers.com) directly for a personal answer

WHAT IS YOUR #1 BURNING NUMBER HEALTH / Lifestyle QUESTION?

PRINT YOUR NAME CLEARLY HERE:

EMAIL ADDRESS (Please print clearly):
