**Feel Better in 5**

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**5-minute HIIT Workouts**

﻿Strength training is a critical weapon in our battle against the development of type 2 diabetes, a disease that’s thought to affect as many as thirty-two million people in the US alone. It also helps us burn more calories throughout the day, to maintain a healthy weight, to build stronger bones, and to improve our mood. The older you are, the more you stand to benefit from strength training. After the age of about thirty we naturally start losing muscle, which means we need to work on our strength just to maintain what we had. And the older we get, the more muscle we lose. By the time we hit our fifties, our muscle power is dropping at a rate of around 3 percent every year. Not only are these valuable organs shrinking and weakening, they’re changing in form, becoming more marbled with fat. This will have a negative consequence on levels of important hormones such as growth hormone and testosterone, which are needed for us to grow new muscle and make strong bones. All this means we have less ability to do the normal activities of day-to-day life, whether it’s carrying our groceries into the house or playing in the park with our kids or grandkids. Regular strength training reverses aging in many of our most important muscles and increases the amount of mitochondria our bodies have. Mitochondria are the body’s energy factories, so having more of them can help fight fatigue. The more of it you do, the more lean muscle mass you’ll build, and lean muscle mass is one of the most powerful predictors of a long and healthy life. This means that, as you get older, you’ll be more active, more mobile, and will get tired less easily.

**Do Each exercise for 30 seconds on and 30 seconds off**

﻿**5 Minute HIIT Workout #1**

* **LUNGES**
* **REVERSE FLY ﻿**Lean forward at the waist. Use a hinging motion so that your back remains straight. Your knees should have a slight bend in them and your arms should hang towards the floor. •​Bring both arms upwards and outwards to the side until you feel your shoulder blades touching each other. Stay in this position for two to three seconds.
* **SQUATS**
* **PUSH-UPS**
* **GLUTE BRIDGES ﻿**Lean forward at the waist. Use a hinging motion so that your back remains straight. Your knees should have a slight bend in them and your arms should hang towards the floor. •​Bring both arms upwards and outwards to the side until you feel your shoulder blades touching each other. Stay in this position for two to three seconds.

**5 Minute HIIT Workout #2**

* **﻿JOGGING ON THE SPOT**
* **JUMPING JACKS**
* **MOUNTAIN CLIMBERS**
* **PUSH-UPS SUMO**

**SQUATS**

**5 Minute HIIT Workout #3**

* **﻿HIGH KNEES WITH SHOULDER PRESS ﻿**March on the spot, bringing your knees as high as you can. •​Each time one of your knees comes up, push both hands upwards towards the ceiling. •​As the knee returns to the ground, bring both arms down to your sides.
* **SQUAT WITH KNEE TO HAND: ﻿**Squat down as low as you can comfortably go with your arms out in front of you (see page 125 for detailed instructions). •​Come back up to standing. As you do so, lift your left knee up to touch your right hand. •​Do the same on the other side.
* **STRAIGHT PUNCHES**
* **SITTING ARM PUNCH**
* **PUSH-UP ON KNEES**