



HIIT - what you need to know

[High Intensity Interval Training \(HIIT\) is set to be one of the biggest fitness trends in 2018](#)

according to the American College of Sports Medicine (ACSM), who annually survey exercise professionals from around the world.

HIIT typically involves **short bursts of high-intensity exercise followed by a short period of rest or recovery** and typically takes less than 30 minutes to complete.

[Metafit is an example of a workout that is based on HIIT principles.](#) While trainers and instructors recognise the benefits of high-intensity workouts, many are concerned with the potential for injury associated with these types of activities.

[Radio NZ recently interviewed exercise scientist Associate Professor Jinger Gottschall](#) about some new research just published which studied HIIT to help determine appropriate guidelines for this type of training. The study found that...

1. **Adding volume doesn't necessarily deliver better results**, and in fact can cause injury when overdone.
2. The maximum **total amount** of HIIT per week (working out at above 90% of the maximum heart rate) is **30 to 40 minutes**. This includes work and rest intervals.
3. Split HIIT into **two 15-minute sessions per week** for optimal muscle growth and fat loss, with 85 to 90% of top heart rate achieved during each session.

Remember... think safety first if you want to include a HIIT component in your programme or class! Make sure your participants are at an appropriate level of fitness, focus on correct technique, and increase the intensity gradually to help minimise the risk of injury.



[Measuring exercise intensity](#)

Knowing how to measure heart rate, calculate workout zones, and determine rates of perceived exertion (RPE) are all important tools for instructors and trainers. If these topics are new to you, take the time to upskill and educate yourself.



Useful articles to help you get started:

- [How to measure heart rate](#)
- [Training zones](#)
- [RPE and Heart Rate](#)

Consider talking to a more experienced trainer for practical help and advice.



FREE


Sport and Recreation

Have a go day.

SUNDAY 26 AUGUST, 12-3PM
DARFIELD RECREATION CENTRE AND DOMAIN

[The Selwyn Sports Trust and Selwyn District Council \(SDC\) are working together on the annual Sport and Recreation - Have a Go Day.](#) This year's event will be held in Darfield for the first time. They would love to hear from any activity providers and sports groups who would be interested in coming along to showcase their activities on the day. Contact Connie Dick at SDC on 03 347 2791 for more information.



A legacy shaped by going the extra mile!

The recent Activity Provider Workshop held in May marked the end of a long and successful partnership between [Catch Fitness](#) and Active Canterbury. Broni McSweeney has made the decision to step back from running our Christchurch based workshops – after over 10 years of working together and mentoring – to focus on some of her other projects. We have been super fortunate to have had Broni at the helm over this time.



Many local activity providers have benefited from Broni's unwavering support and belief that "...we all need people who have confidence in us and are willing to patiently show us the ropes to keep edging forward". **Thank you Broni for your amazing years of service** and the **massive contribution** you have made to the fitness industry and development of community activity providers in Canterbury. We will miss you!

[Education, Training and Development](#)

FREE Activity Provider Workshop - Christchurch

SAVE THE DATE! Join us for a smorgasbord of informative new topics and practical sessions! More information to follow soon.

Date and Time: Saturday 27th October 2018, from 12.30 to 4.30pm.

Location: Pioneer Recreation and Sports Centre.

[FREE Mini-Mentoring - Applications open NOW!](#)

Got a great class or programme idea but not sure where to start? Feel like you're stuck in a rut? Are your classes overflowing? The **Active Canterbury Mini-Mentoring Initiative** is here to help!

[Simply apply online](#) and if successful you will be eligible for up to 4 hours of one-on-one mentoring with an experienced industry leader/coach. **Applications close Friday 27th July so be in quick!** The mentoring sessions will be held between September to November.

[Animal Flow - Level One Workshop](#)

Register for the Animal Flow® Level 1 Workshop (Instructor Certification) in Christchurch. This course is where you can learn this popular and incredibly effective new workout practice, taking the steps to becoming a Certified Instructor.

Dates: Saturday 14th and Sunday 15th July 2018!

Time: 11am to 5pm each day.

Location: QEII Park Recreation and Sport Centre.

[GX Master Classes with Marietta Mehanni](#)

Award winning fitness presenter Marietta Mehanni is holding **3 GX Master Classes** in Christchurch.

Date and Time: Saturday 18th August 2018, from 12 to 5pm.

Location: CCC Recreation and Sport Centre (193 Travis Road, New Brighton).

Cost: AU\$130 per person for all three classes.

An early bird price of AU\$105 per person is available until Wednesday 18th July.

[Get Set Go! Courses - Christchurch](#)

Learn all there is to know about organising programmes and events.

- Friday 3rd August: Fendalton Library Boardroom (9.30am to 2.30pm); OR
- Tuesday 11 September: Linwood Boardroom (9.30am to 2.30pm).

Contact Jacqui Miller or Diana Saxton for more information (03 941 8999 or communityrecreation@ccc.govt.nz).



Get noticed by being social!

Don't forget to send us a short (10-20 second) video about your class, group or programme to post on the Active Canterbury Facebook page! Mobile phone quality is fine. Tell us what you offer, when and where, and who you cater for (seniors, women, men, disabilities etc).

Send your video to news@activecanterbury.org.nz or contact Nadine directly. If you have your own Facebook page and a video ready to go, please send a request to our page (<http://www.facebook.com/ActiveCanterburyNZ>) and we can then share it.



Did you know that Facebook has altered the way it algorithms work... changing what information your followers see in their newsfeed? The changes are an attempt to help users have “more meaningful social interactions.” **This means you have to think a lot more creatively about how you get organic reach.**

[Check out an article by SMT Influencer for tips and tricks.](#)



Challenging stereotypes

When it comes to training older adults, the common perception is that the moves and exercises need to be 'softened' for this age group.

However, Kay MacKenzie – a fitness professional with over three decades' experience – challenges this idea. She has found that "*this demographic will respond to a challenging workout*" and that participants "*flourish in classes that are planned to challenge their ability, regardless of age!*"

Source: [Australian Fitness Network](#)



Mark the date!

You can be part of breaking the New Zealand record for the most people hula hooping together!

Date: Sunday 28 October

Location: Hagley Park

The Super Heart Hoop-Off is being organised as a charity event to raise funding for The Heart Foundation, and to help support and raise awareness of heart health.

Register individually, or as a family, or as a team.

[Get more information on the Super Heart Hoop-Off](#) including how to register.



Fitness and marketing consultant Justin Tamsett says it doesn't matter how good your classes are or how flash your facility is - **if no-one knows about you, you won't be successful.**

You can benefit from learning how to write an effective advertising piece regardless of the size of your business – be it a sole trader or larger operation.

[Check out Tamsett's article explaining how to create an ad that GRABS ATTENTION!](#)

Source: Australian Fitness Network



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We welcome your feedback and comments.

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