



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



HIGH INTENSITY INTERVAL TRAINING VS. AEROBICS

*WHICH ONE IS
BEST FOR YOU?*

SugarLandPT.com

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HIGH INTENSITY INTERVAL TRAINING VS. AEROBICS WHICH ONE IS BEST FOR YOU?

Discover Which Workout Method is Best for Your Needs!

When figuring out which workout methods to choose, it can sometimes be difficult to determine which one is best for you.

High Intensity Interval Training (HIIT) and Aerobics are two common forms of exercise that people partake in for various reasons. While both have their benefits, it is important to make sure you are participating in the right workout regimens for your specific needs.

Through this article, we'll discuss both types of workouts in depth so you can make a more informed decision on which one will be best for you – and if you have any additional questions, don't hesitate to contact First Colony Aquatic and Rehab!

High Intensity Interval Training, Defined

High Intensity Interval Training (HIIT) is a type of training that requires you

to complete quick and intense bursts of exercise that are followed by short recovery periods.

By alternating your workout between intense bursts and more moderate activity you'll keep your heart rate at a higher level while increasing the need for oxygen.

An example of a basic high intensity interval routine could include a 10 minute warm-up followed by an interval of 20 second sprints at maximal running speed. Next, a rest interval of 10 seconds between each sprint, light jogging or walking. The work/rest ratio is 2 to 1, meaning that the work interval is 20 seconds and the rest interval is 10 seconds. You should complete 3 groups or sets of 10-15 intervals, taking 4 minutes of rest between each set, with a 10 minute easy jog to cool down.

High intensity interval training works because you will burn more calories during the actual workout while increasing

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We can help you get back to moving again!



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overall fat burning for the rest of the day. It increases lean mass while decreasing fat mass, making it a great way to strengthen muscles quickly.

What is referred to as the "afterburn effect" causes a post-exercise consumption of oxygen that increases fat burning more than what occurs with steady workouts. Because of this, you can build mass while also losing weight in unwanted areas of the body.

High intensity interval training also works because it only requires 20 or 30 minutes per workout, works for every fitness level, and can be done practically anywhere.

Aerobics, Defined

While HIIT exercises are done quickly and in short bursts, aerobic exercises are more prolonged, happening over a sustained period of time.

(Continued Inside)

Learn more by visiting sugarlandpt.com or call to schedule your appointment today!



HIGH INTENSITY INTERVAL TRAINING VS. AEROBICS



(Continued from Outside)

Therefore, aerobic exercises require an increase in oxygen production to help maintain optimal body functionality during your workout. This includes activities like walking, jogging, swimming, bicycle riding, and so on.

Because aerobic exercises are more prolonged and your body is moving for longer periods of time, these exercises work to decrease both lean mass and fat mass. One cannot lose lean mass and maintain strength.

Keep in mind that aerobic exercises like walking, swimming, or cycling are also considered some of the most effective non-pharmaceutical approaches for alleviating pain.

If you are looking for therapeutic exercises for pain relief, your physical therapist can teach you how to safely implement more aerobic exercise into your daily life so that you can get the most out of this beneficial activity.

How Can I Get Started?

When beginning any new workout routine, simply beginning is always one of the hardest steps. If you are confused on where to start and you're looking for more assistance, our dedicated team of physical therapists at First Colony Aquatic and Rehab can help.

Additionally, if you would still like more information on which type of workout regimen would be best for you, we can schedule a physical assessment with you

to determine the best types of exercise for your needs and goals.

At First Colony Aquatic and Rehab, our main goal is to help you succeed in your health, wellness, and fitness ambitions, no matter what course of exercise you decide to partake in. Contact us today to schedule a consultation and find out more about how we can help you achieve your goals through High Intensity Interval Training or Aerobics!

Contact us today (Sugar Land: 281-325-0188, Rosenberg: 281-239-3838) to schedule an appointment. We can teach you some preventatives to help keep your winter sport free of injury.

SUCCESS STORIES

What Our Patients Have to Say



“ I had a hip injury and my doctor recommended physical therapy. A quick yelp search and I found First Colony Aquatic and Rehabilitation Center. I was assigned Natalie, and she was nothing but fantastic, patient, and helpful!

After several sessions, I'm back to moving easier and feel rehabilitated. Their facility has land or water therapies, and is clean and comfortable to work out in. Definitely recommend!" - M. G.



HEALTHY RECIPE BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE

- 4 (4 oz) chicken breasts
- 2 tbsp blackened seasoning
- ½ cup plain, Greek yogurt
- ½ avocado
- 1 tsp lemon juice
- ½ tsp garlic powder
- ½ tsp salt
- 2 tsp green onions, thinly sliced

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side. Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with ½ tablespoon green onions.

WORKOUTS TO DO FROM HOME

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HIIT | STATIONARY RECUMBENT BIKE



Use This Exercise for Cardio and Lung Fitness

Begin with a 4 minute warm-up on a recumbent bike. While warming up, set your resistance to fit your level (6-8 beginner, 8-11 intermediate, 12-15 advanced). HIIT will last 4 minutes, with 2 minutes of rest, with the rest period being low intensity.

Following your warm-up, proceed with 30 seconds of high-energy, intense pedaling followed by a 15 second second rest period (slow, cool down pedaling to catch your breath), for 8 rounds (6 minutes total). You can go down on resistance level while slowing down for rest. Make sure you increase your resistance level again for each round of maximum pedaling.

HIIT | RUNNING (TABATAS)



Use This Exercise to improve Your Running Efficiency and Speed

Tabata running works in 20 second intervals of high intensity exercise, followed by 10 seconds of rest, repeating for a total of 8 rounds and 4 minutes. This Tabata running workout lasts for a total of 20 minutes.

Begin with a 5 minute relaxed pace run to warm up. Following your warm-up, start with 20 seconds of sprinting (8/10 effort level). You will then rest for 10 seconds with a slow jog. Maintain an even level of speed for all your sprints, or get faster by the final rounds of your workout. Repeat for a total of 8 fast bursts or 4 minutes of intense Tabata time. Take 5 minutes at the end to cool down with a slow run.



STAFF SPOTLIGHT: DENISE MADRIAGA, MARKETING

Denise was born in the Philippines and raised in Southwest Texas. She was introduced to physical therapy when her dad studied to become a PTA during her childhood. She then attended Texas A&M University and studied Allied Health and later graduated from Texas A&M University – Corpus Christi with a degree in Kinesiology. Since college, Denise has worked in a variety of physical therapy settings with an amazing group of devoted and passionate physical therapists over the last four years.

Having been a dancer for over 25 years, Denise began to take an interest in yoga in 2014 and later attended and completed a yoga and teacher training course in 2018. After moving to Houston in 2019 to begin her Master's program in Clinical Exercise Physiology, she also joined the First Colony Aquatic and Rehabilitation Center family and has been working in the marketing and advertising division of the company. Denise aspires to become a Physical Therapist and incorporate yoga into the physical therapy setting.

In her spare time, Denise enjoys spending time with her boyfriend, her sister, and her close relatives. She loves staying active by working out, running, hiking, and practicing vinyasa and hatha yoga.

FEBRUARY IS... HEART HEALTH MONTH!

Celebrate Heart Health By Practicing These Tips:

- Aim for lucky number seven. Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries than those who sleep less than 5 hours or those who sleep 9+ hours.
- Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or have high blood pressure, check it every year.
- Move more. Aim for 30 minutes a day, 5 days a week of moderate exercise.
- Slash saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

Take this month to get heart-healthy! Call us to schedule your appointment today.