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**Interval: Limbo or Renewal?**

**By Cathy Goodwin**

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Q. "I hate my job. I'm considering starting a business...and I really want to move to a warmer climate. Arizona sounds good! But it's the holiday season. I'll start the process on New Year's Day."

A. The time between Thanksgiving and Christmas often gets dismissed as dead time. It's a happy, limbo-like state, where you can enjoy the present, knowing the future will be on your doorstep soon enough.

If you're drowning in year-end deadlines and family festivals, you may feel too overwhelmed to consider your own future. However, people who accomplish successful transitions refuse to be derailed. They may take extra breaks but they assign a minimum number of minutes per day to work on their long-term goals.

And they gain leverage by putting their subconscious minds to work for them, even while they're attending a party.

How does this happen?

Let's say you allocate fifteen minutes a day to your Number One long-term goal. Maybe you add a weekly power surge by calling a coach or mentor. You're verbalizing your goals and hearing reinforcement from a supportive resource.

As you're walking the dog, driving to work, or chatting at a party, your subconscious mind remains tuned to your goals, processing the data you generated during your fifteen dedicated minutes and your phone sessions.

Additionally, everyone you meet will view you as a source of purposeful energy.

Enjoying a party?

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As you spread onion dip over a cracker, you fall into conversation with someone who adds a critical piece to your long-term puzzle. You attract strong, motivated people like yourself, and you reinforce one another. You ease away from the group that's moaning, "I haven't done a thing all week. I really dread the coming of January."

What can you do for fifteen minutes a day, between now and New Year's Day, to reach your long-term goals? And if you're struggling with goal-setting, what steps can you take to explore options that will lead you, almost effortlessly, to find a goal?

Cathy Goodwin, Ph.D., author of *Making the Big Move*, helps midlife professionals navigate career and business transitions. "How Smart People Can Derail Their Transitions" complimentary Special Report <http://www.cathygoodwin.com/subscribe.html> . Contact: <http://www.cathygoodwin.com/feedback.html>  
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### **A Great Way To Spice Up Your Workouts -- Interval Training**

**By Lynn Bode**

There's been a lot of buzz recently about Interval Training. So, you may be wondering what it really is and, more importantly, why you should incorporate it in your fitness workouts. Well, if you want a workout that can help propel you to the next fitness level, burn more calories, increase your speed, improve your power and more, then it's time to learn more about this effective technique.

A simple definition of Interval Training is: short, high-intensity exercise periods alternated with periods of rest. These higher and lower intensity periods are repeated several times to form a complete workout . Here's a basic example: walk for 5 minutes at 3.5 MPH, walk for 1 minute at 4.2 MPH and then repeat this sequence several times.

Most people spend their workout time only performing continuous training exercises. These are exercises where the intensity level is basically constant throughout. An example of this is walking at 3.5 MPH, at 0% incline for 30 minutes.

Continuous training is very effective and should not be eliminated from your weekly workouts. However, it's recommended that you include both Interval Training and continuous training sessions as part of your fitness regimen.

Why should you include Interval Training? As previously mentioned, there are many benefits to this type of training and execution is relatively simple. Interval Training can help you improve cardiovascular fitness, increase speed, improve overall aerobic power, burn more calories, break-through a plateau, increase workout duration, reach new exercise levels, expand your workout options and increase your workout threshold - just to name a few.

Plus, this training method has useful applications for beginners, intermediate exercisers and even conditioned athletes. There are two basic types of Interval Training. For the majority of exercisers

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(novices and intermediate) Fitness Interval Training methods are recommended. Athletes can choose a more advanced technique known as Performance Interval Training.

The Fitness training method utilizes periodic increases in intensity. Typically the higher-intensity levels range from 2–5 minutes in duration and are followed by lower-intensity periods that also range from 2–5 minutes. And, a critical element in Fitness Interval Training is determining the appropriate level for the higher-intensity periods. This level should not exceed the anaerobic threshold (which is usually reached below 85% heart rate reserve).

On the flip side, the Performance training technique involves periods of near maximal or even maximal intensity (e.g. >85% heart rate reserve - even reaching 100%). The higher-intensity levels can range from 2–15 minutes in duration and are followed by lower-intensity periods that also can range from 2–15 minutes in duration.

Don't let the two types of training and their ranges confuse you. Incorporating Interval Training

methods into your exercise routine is actually quite easy. Since the majority of exercisers fall into either the beginner or intermediate category, we'll focus on getting started with those techniques.

To begin, choose the type of exercise: walking, jogging, swimming, biking, etc. Next determine your lower-intensity level. This is usually somewhere between 50–65% target heart rate. This will be your baseline, lower-level intensity. Then simply increase the intensity-level up to where you feel like you are working hard to very hard, but avoid reaching a level over 85% target heart rate. If monitoring your heart is not feasible, instead use the RPE scale where 1 is basically at rest and 10 is working extremely hard. For example, if you find that when you are exercising at a comfortable level you rank a 5, then bump up to a 7 for the higher-intensity intervals.

You may choose to systematically raise and lower your intensity (e.g. 2 minutes lower intensity followed by 1 minute higher intensity and repeat) or you can alternate more randomly by raising and lowering the level at your discretion. To increase your intensity, you may choose to change the speed, incline, or some other variable.

Interval Training can be especially helpful in situations where you are trying a new form of exercise. For example, this can be very beneficial when first learning to jog. If you attempt to jog continuously without building up to it, you will probably fatigue quickly and even give up. However, if you begin with intervals of walking interspersed with jogging periods, the workout will be much more enjoyable and effective. Also, you will be more likely to stick with the program and achieve the end result - continuous jogging.

Now that you know the benefits of Interval Training and the basic techniques for it, why not give it a try for yourself. Not only will it provide health benefits and improved fitness levels but it is also a great way to avoid workout boredom. Plus, with Interval Training workouts often are more enjoyable, go by quicker, and improvement results come faster. So why not try spicing up a stale, run-of-the-mill workout with Interval options? You may even find yourself excelling in an activity you were skeptical of even trying.

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Lynn Bode offers her personal training services online through her company,

Workouts For You provides even the busiest of parents affordable, personalized exercise programs (via the Internet) for losing weight, toning-up, building muscles & increasing stamina. The programs can be done on their schedule and in the comfort of their own home (or gym or on-the-road). Visit

for a FREE sample workout.

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