

hiit workouts treadmill

Unleash Your Potential: Mastering HIIT Workouts on the Treadmill

hiit workouts treadmill offer a potent combination of efficiency and effectiveness, revolutionizing how individuals approach cardiovascular fitness and fat loss. This high-intensity interval training method, when applied to the versatile treadmill, delivers remarkable results in shorter workout durations. By alternating between short bursts of intense effort and brief recovery periods, treadmill HIIT ignites your metabolism, boosts endurance, and torches calories like few other exercise modalities. This comprehensive guide will delve into the science behind HIIT on the treadmill, outline optimal workout structures, discuss essential safety considerations, and explore how to tailor these challenging sessions to your fitness level. Prepare to transform your training and unlock a new level of physical conditioning.

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What is HIIT and Why the Treadmill is Ideal

High-Intensity Interval Training, or HIIT, is a training strategy that involves short bursts of intense anaerobic exercise interspersed with brief recovery periods. Unlike steady-state cardio, where you maintain a consistent moderate intensity for an extended duration, HIIT pushes your body to its limits during the work intervals, leading to significant physiological adaptations. The goal is to elevate your heart rate to a very high percentage of your maximum, challenging your cardiovascular system and demanding substantial energy expenditure.

The treadmill stands out as an exceptionally well-suited platform for implementing HIIT. Its inherent design allows for precise control over speed and incline, which are the two primary variables you'll manipulate to create intensity fluctuations. Whether you're looking to sprint up a steep incline or race at top speed on a flat surface, the treadmill provides a controlled environment to push your boundaries safely and effectively. This adaptability makes it a favorite for athletes and fitness enthusiasts alike seeking to enhance their anaerobic capacity, improve their speed, and burn a significant number of calories in a condensed timeframe.

The Science Behind Treadmill HIIT for Fat Loss and Fitness

The effectiveness of treadmill HIIT for fat loss and overall fitness stems from several key physiological mechanisms. Firstly, during the high-intensity intervals, your body depletes its immediate energy stores and requires a substantial amount of oxygen to recover. This leads to a phenomenon known as the "afterburn effect," or Excess Post-exercise Oxygen Consumption (EPOC).

EPOC means that your metabolism remains elevated for hours, even days, after your workout as your body works to restore itself to its pre-exercise state. This prolonged calorie burn contributes significantly to fat loss beyond the workout itself. Furthermore, HIIT is highly effective at improving cardiovascular health. Regular practice strengthens the heart muscle, increases stroke volume (the amount of blood pumped with each beat), and improves the body's ability to deliver oxygen to working muscles.

Another critical benefit is its impact on anaerobic capacity and lactate threshold. By repeatedly pushing your limits, your body becomes more efficient at clearing lactic acid and can sustain higher intensities for longer periods. This translates to improved performance in both endurance activities and short, explosive movements. The hormonal response to HIIT is also noteworthy, with increases in growth hormone and testosterone, which can aid in muscle building and fat breakdown.

Designing Your Treadmill HIIT Workout

Crafting an effective treadmill HIIT workout requires careful consideration of work-to-rest ratios, intensity levels, and exercise duration. The foundational principle is to push hard enough during the work intervals to elicit a strong physiological response, followed by a recovery period that allows for partial recovery but not complete rest. This strategic alternation is what drives the profound adaptations associated with HIIT.

Understanding Work-to-Rest Ratios

Work-to-rest ratios are the cornerstone of any HIIT protocol. These ratios dictate the relationship between the duration of your high-intensity effort and the length of your recovery phase. Common ratios include 1:1, 2:1, or even 1:2, depending on the intensity of the work interval and the fitness level of the individual.

- **1:1 Ratio:** Equal work and rest periods. For example, 30 seconds of sprinting followed by 30 seconds of walking or slow jogging. This is often a good starting point for beginners or for workouts focused on anaerobic power.
- **2:1 Ratio:** Twice as much work as rest. For instance, 40 seconds of intense running followed by 20 seconds of walking. This ratio is more demanding and is suitable for individuals with a

higher fitness base looking to improve endurance and capacity.

- **1:2 Ratio:** Less work than rest. This might involve 20 seconds of maximal effort followed by 40 seconds of recovery. While less common in pure HIIT, it can be used as a stepping stone to longer work intervals or for specific recovery-focused sessions within a HIIT framework.

Determining Intensity Levels

Intensity in treadmill HIIT can be manipulated through speed, incline, or a combination of both. For beginners, focusing on perceived exertion and maintaining a challenging but manageable pace is key. As fitness improves, you can incorporate higher speeds and steeper inclines. A general guideline is to aim for an intensity that makes you breathless and unable to hold a conversation during the work intervals.

Heart rate monitoring can also be a valuable tool. During the work intervals, aim for 85-95% of your maximum heart rate. During the recovery periods, allow your heart rate to drop to around 50-60% of your maximum. This range ensures you are adequately challenging your cardiovascular system while allowing for sufficient recovery to perform the next work interval effectively.

Structuring Your Intervals

The duration of your work and rest intervals is crucial. Shorter intervals (e.g., 15-30 seconds) tend to favor power and speed, while longer intervals (e.g., 45-60 seconds) are more geared towards improving aerobic capacity and muscular endurance. The total duration of your HIIT workout should typically range from 15 to 30 minutes, including a warm-up and cool-down.

A typical treadmill HIIT session might look like this: 5 minutes warm-up, followed by 8-12 rounds of high-intensity work and recovery, and concluding with a 5-minute cool-down. The specific number of rounds will depend on the chosen interval durations and the overall time you have available.

Beginner Treadmill HIIT Workouts

For those new to high-intensity interval training, starting with a conservative approach is paramount. The goal is to introduce your body to the demands of interval training without overwhelming it, thereby reducing the risk of injury and burnout. Treadmill HIIT for beginners should focus on mastering proper form, understanding pacing, and gradually increasing intensity over time.

Sample Beginner Workout Structure

A beginner treadmill HIIT workout should prioritize controlled intensity and ample recovery. This ensures that you can complete the workout without excessive fatigue and can focus on the technique of transitioning between speeds.

- **Warm-up:** Begin with 5 minutes of brisk walking, gradually increasing the pace to a light jog.
- **Work Interval:** 20 seconds of fast jogging or running at a challenging but sustainable pace. You should be able to speak in short sentences.
- **Rest Interval:** 40 seconds of walking or very slow jogging to allow your heart rate to recover.
- **Rounds:** Repeat the work and rest intervals for 6-8 rounds.
- **Cool-down:** Finish with 5 minutes of walking, gradually decreasing the pace, followed by static stretching.

The incline can be kept at 0-1% for these initial workouts. As you become more comfortable, you can gradually increase the speed during the work intervals or slightly reduce the rest periods.

Intermediate Treadmill HIIT Workouts

Once you have established a solid foundation with beginner HIIT workouts, you can progress to more challenging intermediate routines. This phase involves increasing the intensity of your work intervals, shortening your recovery periods, or extending the duration of your work intervals.

Sample Intermediate Workout Structure

Intermediate treadmill HIIT pushes the envelope further, demanding more from your cardiovascular system and muscular endurance. The work-to-rest ratio becomes more demanding, and the intensity of the effort is noticeably higher.

- **Warm-up:** 5 minutes of light jogging.
- **Work Interval:** 30 seconds of running at a strong, challenging pace (you can speak in single words).
- **Rest Interval:** 30 seconds of brisk walking or slow jogging.
- **Rounds:** Repeat the work and rest intervals for 8-10 rounds.

- **Incline Option:** Consider adding a 2-4% incline during the work intervals for added challenge.
- **Cool-down:** 5 minutes of walking followed by stretching.

Another intermediate variation could involve longer work intervals with a slightly longer rest. For example, 45 seconds of running at a challenging pace followed by 45 seconds of walking. The key is to find a balance that pushes your limits while still allowing for recovery to maintain good form throughout the session.

Advanced Treadmill HIIT Workouts

Advanced treadmill HIIT is designed for individuals who have a high level of cardiovascular fitness and are comfortable with extreme exertion. These workouts push the boundaries of speed, incline, and work-to-rest ratios, demanding peak performance and significant mental fortitude.

Sample Advanced Workout Structure

Advanced treadmill HIIT protocols often employ very short, maximal effort sprints with minimal recovery, or longer, extremely intense efforts. The focus is on maximizing EPOC and pushing the lactate threshold.

- **Warm-up:** 5-7 minutes of dynamic warm-up, including light jogging and dynamic stretches.
- **Work Interval:** 30 seconds of near-maximal sprinting (talking is impossible).
- **Rest Interval:** 30 seconds of very slow walking or complete rest.
- **Rounds:** Repeat for 10-12 rounds.
- **Incline Option:** Incorporate steep inclines (6-10% or higher) during the work intervals for a powerful hill sprint workout.
- **Alternative Advanced Structure:** 60 seconds of running at a very high intensity (e.g., 8-9 on a 1-10 perceived exertion scale) followed by 45 seconds of active recovery (slow jog or walk). Repeat for 6-8 rounds.
- **Cool-down:** 5-7 minutes of walking and thorough static stretching.

Advanced users may also experiment with different variations like Tabata protocols (20 seconds work, 10 seconds rest for 8 rounds) performed at maximum effort on the treadmill, or EMOM (Every

Minute On the Minute) style workouts where specific tasks are performed at the start of each minute.

Essential Treadmill HIIT Safety Tips

While treadmill HIIT is incredibly effective, it's also demanding. Adhering to safety precautions is not just recommended; it's essential for preventing injuries and ensuring a positive training experience. Always listen to your body and modify workouts as needed.

- **Proper Warm-up and Cool-down:** Never skip these crucial phases. A thorough warm-up prepares your muscles and cardiovascular system for the intense work ahead, while a cool-down helps your body gradually recover, reducing the risk of muscle soreness and injury.
- **Start Gradually:** If you are new to HIIT, begin with lower intensities, shorter work intervals, and longer rest periods. Gradually increase the challenge as your fitness improves.
- **Stay Hydrated:** Drink plenty of water before, during, and after your workout to maintain optimal performance and prevent dehydration.
- **Wear Appropriate Footwear:** Invest in supportive running shoes that are designed for impact. Proper footwear can help absorb shock and prevent foot and ankle injuries.
- **Master Treadmill Controls:** Familiarize yourself with the speed and incline controls of the treadmill. Know how to quickly adjust them in case of an emergency.
- **Use the Safety Clip:** Always attach the safety clip to your clothing. If you lose your balance or stumble, the clip will detach, stopping the treadmill immediately.
- **Listen to Your Body:** Pay attention to any pain signals. If you experience sharp or persistent pain, stop the workout immediately. Pushing through significant pain can lead to serious injury.
- **Consider a Spotter:** If you are attempting very high speeds or inclines for the first time, having someone present to monitor you can provide an extra layer of safety.

Maximizing Your Treadmill HIIT Results

To truly unlock the potential of treadmill HIIT, several strategies can be employed to enhance your results and ensure continuous progress. Consistency is key, but so is intelligent programming and recovery.

Progressive Overload

Just like with any training regimen, progressive overload is vital for continued improvement. This means gradually increasing the demands placed on your body over time. On the treadmill, this can be achieved by:

- Increasing the speed during your work intervals.
- Increasing the incline during your work intervals.
- Increasing the duration of your work intervals.
- Decreasing the duration of your rest intervals.
- Increasing the number of work intervals or rounds.

Make small, incremental changes to one or two variables at a time to allow your body to adapt without overtraining.

Vary Your Workouts

To prevent plateaus and keep your body challenged, it's beneficial to vary your treadmill HIIT workouts. This could involve changing the work-to-rest ratios, experimenting with different incline profiles, or incorporating different types of sprints (e.g., hill sprints vs. flat sprints). Variety also helps to prevent boredom and maintain motivation.

Nutrition and Recovery

Your nutrition and recovery strategies play a significant role in how well you respond to treadmill HIIT. Ensure you are consuming a balanced diet rich in lean protein, complex carbohydrates, and healthy fats to fuel your workouts and support muscle repair. Prioritize adequate sleep, as this is when your body undergoes most of its recovery and adaptation processes. Active recovery, such as light walking or stretching on rest days, can also aid in muscle soreness and improve blood flow.

Common Mistakes to Avoid in Treadmill HIIT

Even with the best intentions, several common pitfalls can hinder your progress and even lead to injury when performing treadmill HIIT. Being aware of these mistakes can help you train smarter and more effectively.

- **Insufficient Warm-up:** Jumping straight into high intensity without preparing your body is a recipe for strained muscles and potential injuries.
- **Overtraining:** Performing HIIT workouts too frequently without adequate rest can lead to burnout, decreased performance, and increased risk of injury. Aim for 2-3 HIIT sessions per week, with rest days in between.
- **Inconsistent Intensity:** Not pushing hard enough during the work intervals defeats the purpose of HIIT. Conversely, going all-out on every single interval without proper recovery can lead to premature fatigue and compromised form.
- **Ignoring Pain:** Dismissing sharp or unusual pain as simply "soreness" can lead to more significant injuries. Always err on the side of caution and stop if you feel pain.
- **Poor Form:** Focusing solely on speed or incline without maintaining proper running form can lead to inefficiency and increased stress on your joints.
- **Lack of Progression:** Sticking to the same routine indefinitely will lead to a plateau. Without progressively challenging yourself, your body will stop adapting.
- **Inadequate Hydration:** Dehydration can significantly impair performance and increase the risk of heat-related issues.

FAQ

Q: How often should I do HIIT workouts on the treadmill?

A: For most individuals, performing treadmill HIIT 2-3 times per week is optimal. It's crucial to allow at least one rest day between HIIT sessions to allow your body to recover and adapt. Overtraining can lead to burnout and increase the risk of injury.

Q: Can treadmill HIIT replace all my other cardio?

A: Treadmill HIIT is a highly effective form of cardio for fat loss and cardiovascular improvement, but it doesn't necessarily have to replace all other forms of cardio. Incorporating some steady-state cardio can also be beneficial for overall endurance and recovery. The best approach often involves a combination of training modalities.

Q: What are the best speeds and inclines for treadmill HIIT?

A: The best speeds and inclines will vary greatly depending on your current fitness level. For beginners, focus on a challenging jog or run pace that you can sustain for the work interval. For advanced users, this could mean sprinting at 80-90% of your maximum speed or incorporating steep inclines (6-10% or higher). The key is to find an intensity that pushes you significantly during the work periods.

Q: How long should a treadmill HIIT workout typically last?

A: A typical treadmill HIIT workout, including warm-up and cool-down, should last between 15 to 30 minutes. The intense intervals themselves usually range from 10 to 60 seconds each, with corresponding recovery periods, repeated for a set number of rounds.

Q: Is treadmill HIIT suitable for weight loss?

A: Yes, treadmill HIIT is exceptionally effective for weight loss. Its high intensity leads to a significant calorie burn during the workout and boosts your metabolism through the EPOC effect, meaning you continue to burn calories at an elevated rate for hours afterward.

Q: What is the difference between treadmill HIIT and steady-state cardio?

A: The primary difference lies in intensity and duration. Steady-state cardio involves maintaining a moderate intensity for an extended period (e.g., 30-60 minutes), whereas treadmill HIIT involves short bursts of very high intensity followed by brief recovery periods, resulting in a shorter overall workout time with a greater metabolic impact.

Q: Should I use the incline during my treadmill HIIT?

A: Using the incline during treadmill HIIT can be a powerful way to increase the intensity and recruit more muscle groups, particularly your glutes and hamstrings. It's an excellent tool for advanced workouts or for individuals looking to challenge themselves further without necessarily needing to increase speed significantly.

Q: What are the risks associated with treadmill HIIT?

A: The primary risks associated with treadmill HIIT include muscle strains, sprains, overuse injuries, and cardiovascular overexertion if not performed correctly. Proper warm-up, cool-down, listening to your body, and gradual progression are crucial to mitigate these risks.

Q: How can I prevent boredom with treadmill HIIT?

A: To prevent boredom, vary your workout protocols by changing speeds, inclines, work-to-rest ratios, and the total number of intervals. You can also try interval types like hill sprints, fartlek-style intervals (unstructured speed play), or incorporating music with a driving beat to keep you motivated.

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hiit workouts treadmill: *Beginners Guide to HIIT Workouts High Intensity Interval Training* M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 - How to Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms and onset of depression. Working out can have this beneficial effect on your brain by encouraging

the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure – both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body – read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

hiit workouts treadmill: *The Men's Health Big Book of 15-Minute Workouts* Selene Yeager, Editors of Men's Health Magazi, 2011-10-25 Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

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hiit workouts treadmill: *HIIT Your Limit* Len Kravitz, 2018-11-27 Get lean, build muscle, and stay healthy! A Fitness Hall of Fame inductee and world-famous exercise scientist explains high-intensity interval training and the nutrition that complements it, and provides a wealth of workouts, including workouts you can do at home, so you can get and keep the body you've always wanted. High-intensity interval training (HIIT) is an extraordinarily effective form of training that mixes high- and low-impact activities during periods ranging from seconds to eight minutes. In *HIIT Your Limit*, Dr. Len Kravitz, a National Fitness Hall of Fame inductee and internationally-renowned exercise scientist for the past thirty-six years, explains what HIIT is and how it effects your entire body (externally and internally), gives 50 workouts and a plan to whip you into shape fast, and

presents a wealth of nutritional and other advice to further its impact. HIIT was recently rated the #1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham, Britney Spears, Hugh Jackman, and Scarlett Johansson. In addition to fat loss, it's been proven to have major health benefits on blood pressure, diabetes, and cholesterol. Through this groundbreaking volume you'll learn why, and see how to get fit quick and have a fun and truly sustainable exercise program, no expensive personal trainer required.

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hiit workouts treadmill: *HIIT Training Facts* Sophie Carter, AI, 2025-03-14 HIIT Training Facts explores the science behind high-intensity interval training (HIIT), presenting a comprehensive guide for optimizing fitness. It examines HIIT's impact on key areas such as fat loss, endurance, and metabolic health, offering a scientifically validated alternative to traditional cardio. Readers will discover how strategically implemented HIIT protocols can boost VO2 max and improve glucose disposal, leading to enhanced athletic performance and a healthier metabolism. The book distinguishes itself by focusing on evidence-based recommendations and personalized training strategies, rather than a one-size-fits-all approach. It delves into the physiological responses to HIIT workouts, including hormonal changes and adaptations in muscle tissue. Through clear, accessible explanations, the guide bridges the gap between scientific research and practical application. The book progresses from fundamental concepts to the core benefits of HIIT, analyzing existing research and presenting practical workout strategies. Sample HIIT protocols are provided for different fitness levels, along with guidelines for warm-up and cool-down routines, empowering readers to design effective and safe HIIT workouts tailored to their individual needs and goals.

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hiit workouts treadmill: *Fitness Medicine* Hasan Sozen, 2016-10-26 Although fitness and health have similar properties, they are, in reality, two very different concepts. While health refers to the absence of diseases, fitness refers to the degree of body functioning and the ability of the body to handle physical demands. The more efficient the body functions, the higher the level of fitness. The higher the level of fitness, the greater the chance of the body being free of diseases and maintaining a healthy state.

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way!). With Max, Lloyd, James and Tom as your guides you'll never feel tied down by a regime, like you can't accept a drinks invitation or like you have to force down that poached chicken fillet that you'd rather swap for fries. Featuring: - Over 60 easy-to-do recipes from PB & J French Toast and cookie dough protein bars to hearty salads, stir fries and roast chicken with a twist - Breakfasts, lunches, dinners, snacks and on-the-go, the sweet stuff and 4-ingredient heroes - Workouts for every body: Tabata circuits, home workouts, buddy training, gym how-to's and stretches Plus advice to keep you motivated, life hacks for fitting fitness into your life (and not the other way around!) and a host of myth-busting. These guys know their stuff; let them be your go-to-experts to getting leaner, fitter and stronger for good. About the authors: The Exton Twins and Bridger Brothers founded LDNM in 2013. LDNM is an internationally known and widely respected brand, having brought world-proven diet and training guides, fitness qualifications and education, apparel, a range of high quality supplements and a #1 app to their hundreds of thousands of followers worldwide, changing lives and physiques on every continent. Leaner, Fitter, Stronger is their first book.

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you right back, someone's calling me. It was a call from an unknown number. Even though I had had a busy day, I still answered the phone, Hello, FM Personal Trainer, how can I help you? Hi, I need help... Please! I could hear the sadness and despair in the voice. This was someone who really needed help! He says he has to lose weight and needs to see me immediately. It's late, and I try to schedule for another day, but he insists, and I can hear from his tone that he can't stand much delay. So I agree and start driving to the indicated location. He tells me that he'll wait in front of his house - and I won't miss him because he's so large. I call home again. I'll be there later, a new client has appeared, and I hear the displeasure in my wife's voice... When I reach the destination, I can see he was right - he is large! He's also young, probably less than 20. There are only two steps in front of the house and he's struggling to climb them, holding the door frame tightly to pull himself in. Let's call him Joe. Joe starts to tell me his story. He lists the multitude of diets he has tried and the failed attempts to exercise. I understand him. I was like this once... Finally, he tells me resignedly: It's genetic, there's nothing I can do, I think I have to live with it. Before I can contradict him, his mother comes into the room, carrying a stack of beautifully washed and ironed shirts which she puts carefully into a bag, saying, "I have prepared your work clothes for tomorrow." Then with a gentle smile, she says to me, He inherited it from me. I have morbid obesity. She gives me the list of problems that she has. She can't even stand for long and spends most of her time sitting in a wheelchair. I am curious about the shirts and ask what work Joe is doing. I pack vegetables, but because I sweat a lot, I have to change every 2 hours otherwise I get cold. I really can't afford to get sick and stay at home. I have two younger brothers who go to school, and there's my mom who is sick. So I have to work. I use five T-shirts a day, but it's okay, I'm used to it." I completely forget about the busy day and my fatigue. I start pouring out information that will help him lose weight. I want to - I have to - help him. I begin to explain, one after the other, all the mistakes he has made, how he lost muscle mass through starvation, why he does not lose weight even if he eats very little, the role of hormones, why diets are not effective, the health benefits of losing weight but then I realize this is way too much information all at once. All right, here's what we'll do. Tell me what you like to eat, and I'll create a nutritional plan for you. From tomorrow you will start to eat as we planned, and gradually I will explain to you everything you need to know so that for the rest of your life you'll understand the principles of a fit and healthy body. I see the hope in his eyes and a determination to succeed even if he doesn't yet understand much about what he should do. He's confident again, and I can feel his excitement! Suddenly the sadness returns. The problem is that from next week we move to another city. The company I work for has seasonal vegetable warehouses, and the vegetable season here will end this week. I really want to do this, but it looks like I'm going to fail again before I start. How many weeks of counselling should I have with you, and how much does it cost? I know a personal trainer is quite expensive and I don't know if... I try to stop him. This is not about money. He insists and takes cash from his pocket to pay me, but I really can't take the money... I literally can't! I feel like I need some fresh air. I say goodbye in a hurry. I get in the car and I actually feel overwhelmed by sadness, compassion, but also admiration for his determination to take on responsibilities for his family and to keep looking for a solution for his own health problems. He's got to make it; he's got to do it! I promise myself I'll do everything I can to help him and find a way to advise him even if he's far away. I get home and the kids are all over me, wanting to know why I am late. I can't talk about it... So that's how it started. That night I worked to sort out his nutritional plan and to find a solution for the future. From the next day, he started eating according to my nutritional plan. And I started writing every night - chapter after chapter covering absolutely everything that he needed to know to get results. He left the city, and at the end of every week I sent him a new chapter. I was working during the day doing workouts and providing nutritional advice as usual, but I couldn't wait to get home so I could write some more. After the first month, he had lost a good few pounds and his self-confidence had grown enormously. He started posting pictures of himself  (His previous profile picture was of a wild horse). After almost three months he had dropped multiple clothing sizes and was increasing the intensity of his exercises. He sent me a message: Guess what? I have a girlfriend. I knew how much it meant to him, and I was so

happy. He'd lost some weight, his clothes fitted him – but this is what was really important: his self-esteem and self-confidence were growing, and he was making a huge difference to his overall health. Meanwhile, his willpower and determination to stick to the nutritional plan and the training programme despite being so far from me, his personal trainer, inspired me to write my first book on nutrition and training. I collected all the chapters I had written and linked and improved them, even adding demonstration videos with workouts that could easily be done at home. I wouldn't have thought of writing a book before, but sometimes when you believe you are inspiring and helping someone else, you actually get inspired and help yourself. I sent Joe the first copy of my book and can only thank him for allowing me to meet him and help him. Today I want to share with you everything I wrote over this time. I know that if you are like Joe, you can learn everything you need from my book and you can apply it, wherever you are. I'd be so happy to add you to my list of distance clients who have had impressive results. Florin Mihai - Personal Trainer

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