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7 天前 - It may also assist in improving adherence to **exercise** training. Larger randomized Acute Physiological **Effects** of **High-Intensity Interval Training** (HIIT). ... consider its application in the field of **cardiovascular diseases**. ... safe and **effective** alternative for the rehabilitation of patients with CAD and. HF.

[\[PDF\] Effectiveness of High-Intensity Interval Training for the ... - SME blog](#)

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Cardiac (exercise) rehabilitation is a valuable non- ... spiratory fitness and overall **health** status in patients with coronary artery **disease** (CAD). ... **benefits** of **interval training** and/or circuit weight train- **effects** as the result of participating in either training **program**. ... The **key** finding of this Am J Respir Crit **Care** Med.

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[High-intensity interval training in patients with coronary heart disease ...](#)

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billion/year in the European Union (s106 billion in **healthcare**, ... and long-term **effects** of HIIT versus CAET on aerobic fitness, **cardiovascular** ... Medium and/or long **interval HIIT protocols** may be beneficial for CHD patients with higher ... (short-term) and III (long-term/**maintenance**) **exercise training** Delta of **main effects**.

[High-intensity interval training in patients with coronary heart disease ...](#)

<https://www.sciencedirect.com/science/article/pii/S1877065716300367> - [翻译此页](#)

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Medium and/or long **interval HIIT protocols** may be beneficial for CHD patients ... (€106 billion in **healthcare**, €44 billion [22%] in informal **care**, €27 billion [14%] in ... The additional clinical **benefits** of **exercise training** in CHD patients are well are the most **efficient** to optimize **cardiovascular** adaptations to **exercise training** ...

Name of Journal: *World Journal of Cardiology*

Manuscript NO: 46377

Manuscript type: REVIEW

High-intensity interval training for health benefits and care of cardiac diseases

- The key to an efficient exercise protocol

Ito S. Interval training for health and cardiac diseases

Shigenori Ito

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Interval training for a stronger heart - Harvard Health

<https://www.health.harvard.edu/exercise-and-fitness/interval-training-for-a-stronger-heart> ▾

Interval training allows you to accomplish the same amount of exercise "work" in less time. That could make workouts easier to fit into a busy day or open a time slot to add some strength training. If you can reduce your moderate 30-minute workout to 15 or 20 minutes of interval training,...

High Intensity Interval Training and Heart Health

<https://www.verywellfit.com/will-high-intensity-exercise-trigger-a-heart-attack-2223338> ▾

Apr 29, 2018 · High Intensity Interval Training and Heart Health. Enter high-intensity interval training, or HIIT for short. A growing body of research is showing that bursts of high-intensity activity can get your heart and lungs just as fit in less time, compared with the traditional prescription of 30 minutes a day of moderate-intensity exercise, five days a week.

4 HEALTH BENEFITS OF HIGH INTENSITY INTERVAL ...

<https://wellseek.co/2017/04/04/4-health-benefits-high-intensity-interval-training> ▾

May 17, 2019 · In essence, HIIT is high intensity training followed by rest, with a cycle of work and rest repeated for a relatively short amount of time. It is typically 15-20 minutes, with some people building their tolerance to reach 25-30 minutes of HIIT. The work and rest periods can vary anywhere from six seconds to four minutes.

High-Intensity Interval Training for Heart Health - AARP

<https://www.aarp.org/health/healthy-living/info-2014/high-intensity-interval-training...> ▾

Oct 27, 2014 · 5 Surprising Health Benefits From 5 Minutes of High-Intensity Exercise. Research shows short bursts of intense effort have physical and mental advantages. by Beth Howard, AARP, October 27, 2014 | Comments: 0.

Author: Beth Howard

(PDF) Evidence based exercise: Clinical benefits of high ...

https://www.researchgate.net/publication/233841256_Evidence_based_exercise_Clinical...

clinical Evidence based exercise – clinical benefits of high intensity interval training max) separated by 4 minutes of recovery, repeated 4–6 times per session, with three sessions

Benefits and Risks of High-Intensity Interval Training in ...

<https://www.sciencedirect.com/science/article/pii/S0002914919301006>

Apr 15, 2019 · Exercise-based cardiac rehabilitation is integral to secondary prevention in patients with coronary artery disease. Recently, the effectiveness and "superiority" of high-intensity interval training (HIIT) is a purported time-saving alternative to "traditional" moderate-intensity continuous training (MICT) in cardiac rehabilitation.

Author: John C. Quindry, Barry A. Franklin, B... Publish Year: 2019



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High-Intensity Interval Training: A Key to Weight Loss

<https://spiritfoods.net/health-benefits-of-high-intensity-interval-training>

May 29, 2017 · When we engage in high-intensity interval training, however, we tell our heart and lungs that they need to expand to accommodate the greater exertion. Secondly, the shorter workout time means that far less cortisol is produced, resulting in a retention of most muscle and tissue.

Comparison of High-Intensity Interval Training and ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4930190>

Jul 01, 2016 · High-intensity interval exercise training protocol. The HIIT cycling protocol was similar to that used in a previous study by Trapp et al. Briefly, after a 3-min warm-up at 50 W, each participant followed a prerecorded tape to conduct 8 s of sprinting and 12 s of passive rest for a maximum of 60 repetitions on an ergometer (Monark 874E, Sweden).

Cited by: 53

Author: Zhaowei Kong, Xitao Fan, Shengyan Sun...

Publish Year: 2016

[PDF] High-Intensity Interval Training - cardiopt.org

cardiopt.org/csm2015/HIIT-CSM-Handout.pdf

High Intensity Interval Training. • Abbreviated HIIT • AKA sprint interval training (SIT), high intensity interval exercise (HIIE) • Definition: Physical exercise that is characterized by brief intermittent bursts of vigorous activity, interspersed by periods of rest of low intensity exercise.

The Surprising Perks of High-Intensity Interval Training ...

<https://health.usnews.com/.../the-surprising-perks-of-high-intensity-interval-training>

May 10, 2017 · The Surprising Perks of High-Intensity Interval Training. Besides being a shorter regimen than most continuous workouts are, aerobic high-intensity interval training, or HIIT, allows you to burn more calories and push your heart rate more than you could with steady-state exercise, thus boosting your overall aerobic capacity faster.

Author: Stacey Colino

(PDF) Evidence based exercise: Clinical benefits of high ...

https://www.researchgate.net/publication/233841256_Evidence_based_exercise_Clinical...

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[PDF] High Intensity Interval Training: A Time Efficient ...

<https://sph.unc.edu/files/2015/03/norc-smith-ryan-high-intensity-interval-training.pdf>

Most prevalent predictive factor for developing cardiovascular disease: Low cardiorespiratory fitness (CRF) Lack of time is the most commonly cited reason for not exercising. High intensity interval training (HIIT) is a time-efficient and effective method for rapid improvements in CRF ...