

hiit workouts nyc

hiit workouts nyc: Your Ultimate Guide to High-Intensity Training in the Big Apple

hiit workouts nyc represents a dynamic and effective approach to fitness, offering busy New Yorkers a powerful way to achieve significant results in minimal time. High-Intensity Interval Training (HIIT) has exploded in popularity, and for good reason. This training style strategically alternates short bursts of intense anaerobic exercise with brief recovery periods, maximizing calorie burn, improving cardiovascular health, and boosting metabolism. From boutique studios specializing in HIIT to gyms offering dedicated HIIT classes, the city provides an abundance of options for individuals seeking this sought-after fitness regimen. This comprehensive guide will delve into what makes HIIT so effective, explore the diverse landscape of HIIT studios and gyms in NYC, discuss the benefits of incorporating HIIT into your routine, and provide tips for finding the perfect class to kickstart your fitness journey in this vibrant metropolis.

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What is HIIT and Why is it So Effective?

High-Intensity Interval Training, commonly known as HIIT, is a training methodology characterized by short, all-out bursts of physical activity interspersed with brief recovery periods. The intensity of the work intervals is designed to push your body to its limits, elevating your heart rate significantly and demanding maximum effort. This anaerobic exertion triggers a cascade of physiological adaptations that make HIIT exceptionally effective for fitness enthusiasts. Unlike steady-state cardio, which maintains a consistent moderate intensity, HIIT leverages the principle of excess post-exercise oxygen consumption (EPOC), often referred to as the "afterburn effect."

The science behind HIIT's efficacy is rooted in its ability to challenge the body in unique ways. During the high-intensity intervals, your body relies on anaerobic energy systems, which are less efficient but can produce energy more rapidly. This intense effort depletes glycogen stores and creates an

oxygen deficit. Following the intense bursts, the recovery periods allow for partial replenishment of these energy stores and a gradual return of heart rate towards resting levels. However, the body doesn't immediately revert to its pre-exercise state. Instead, it continues to burn calories at an elevated rate for hours, or even days, after the workout has concluded to restore physiological balance. This increased metabolic rate is a primary driver of HIIT's reputation for efficient fat loss.

Finding the Best HIIT Workouts in NYC

New York City is a global hub for fitness innovation, and the world of HIIT workouts is no exception. The sheer volume of options can be both exciting and overwhelming, making it crucial to understand the different avenues available for discovering your perfect HIIT session. From intimate, specialized studios to expansive fitness centers, the city caters to every preference and fitness goal.

Boutique HIIT Studios

Boutique studios have become synonymous with curated fitness experiences, and many have dedicated their entire offering to HIIT. These establishments often provide a more intimate and community-focused environment, allowing for personalized attention from instructors. You'll find studios that specialize in various HIIT formats, such as bodyweight-focused circuits, equipment-assisted training, or even high-energy group classes set to motivating music. The advantage of these studios lies in their specialized approach, ensuring that every aspect of the workout is designed to maximize the HIIT effect.

Larger Gyms with HIIT Classes

Major fitness chains and larger, independent gyms across NYC also offer a wide array of HIIT classes. These venues often provide a broader range of fitness amenities beyond just HIIT, making them a convenient choice for those who enjoy cross-training or have diverse workout preferences. The HIIT classes here can vary significantly in style and intensity, from bootcamp-style sessions to more structured interval training. Membership at these gyms often grants access to a multitude of class types, giving you flexibility in your fitness routine.

Specialized HIIT Programs

Beyond traditional studios and gyms, NYC boasts specialized programs that integrate HIIT principles into broader fitness strategies. This might include boxing gyms incorporating HIIT rounds, cross-training facilities offering HIIT-based WODs (Workout of the Day), or even unique hybrid classes that blend HIIT with other disciplines like yoga or Pilates for a holistic approach. Exploring these specialized options can lead to exciting and novel training experiences that keep your workouts fresh and challenging.

The Transformative Benefits of HIIT Workouts

The widespread adoption of HIIT is not simply a trend; it's a testament to the profound and multifaceted benefits this training modality offers. For individuals in a fast-paced city like New York, where time is a precious commodity, HIIT presents an unparalleled solution for achieving significant fitness gains without an excessive time commitment. The physiological adaptations that occur during and after a HIIT session contribute to a healthier, stronger, and more resilient physique.

Enhanced Cardiovascular Health

One of the most significant advantages of HIIT is its profound impact on cardiovascular health. By repeatedly pushing your heart rate into higher zones during the intense intervals, you strengthen your heart muscle. This increased cardiac efficiency means your heart can pump more blood with each beat, leading to a lower resting heart rate and improved blood circulation. Regular HIIT workouts can also help to lower blood pressure and improve cholesterol levels, reducing the risk of heart disease and other cardiovascular issues.

Efficient Fat Burning and Metabolism Boost

HIIT is renowned for its exceptional ability to burn calories and promote fat loss. The intense nature of the workout leads to a substantial EPOC, meaning your body continues to burn calories at an accelerated rate for a considerable period after the training session. This sustained calorie expenditure contributes significantly to a caloric deficit, which is essential for weight management. Furthermore, HIIT can help to increase your resting metabolic rate, meaning you burn more calories even when you're not exercising, making it a highly effective strategy for long-term weight control.

Improved Muscular Strength and Endurance

While often associated with cardiovascular benefits, HIIT also plays a crucial role in building muscular strength and endurance. The explosive, high-power movements performed during the work intervals engage multiple muscle groups simultaneously, leading to muscle hypertrophy (growth) and increased functional strength. The rapid succession of intense efforts also challenges your muscles' ability to sustain repeated bouts of high-intensity activity, thereby improving muscular endurance. This combination of strength and endurance makes everyday activities feel easier and enhances athletic performance across various disciplines.

Time Efficiency for Busy Schedules

In a city as bustling as New York, finding time for fitness can be a

significant challenge. HIIT workouts are typically much shorter than traditional endurance training sessions, often lasting between 20 to 30 minutes. This time efficiency makes it feasible for individuals with demanding careers, busy social lives, or family commitments to incorporate effective training into their weekly routines. The ability to achieve comprehensive fitness benefits in a condensed timeframe is a major draw for many.

Choosing the Right HIIT Class in NYC

Navigating the vibrant fitness scene in NYC to find the perfect HIIT class requires a thoughtful approach. With so many studios and programs available, understanding your personal needs and preferences is key to making an informed decision. The "best" HIIT workout is ultimately the one that aligns with your fitness level, goals, and lifestyle, ensuring you stay motivated and consistent.

Consider Your Fitness Level

It's essential to be realistic about your current fitness level when selecting a HIIT class. If you are new to exercise or returning after a long break, starting with beginner-friendly HIIT classes is highly recommended. These classes will often focus on proper form and foundational movements, gradually increasing intensity as you build a base. Experienced individuals may opt for more advanced classes that incorporate complex movements, heavier weights, or longer work intervals. Many studios offer introductory classes or trials, which are excellent opportunities to assess the difficulty and teaching style.

Explore Different HIIT Modalities

HIIT is not a one-size-fits-all approach; it can be applied to various training modalities. Some classes might be purely bodyweight-focused, utilizing exercises like burpees, jump squats, and mountain climbers. Others might incorporate equipment such as kettlebells, dumbbells, resistance bands, or even specialized machines like rowers and assault bikes. Some studios might offer HIIT classes that are essentially high-intensity circuit training, while others focus on sprint intervals or plyometrics. Researching the specific type of HIIT offered by a studio can help you find a class that appeals to your interests and targets the muscle groups you wish to develop.

Location and Schedule Convenience

For New Yorkers, convenience is paramount. Consider the proximity of the studio or gym to your home or workplace. A location that is easily accessible will significantly increase the likelihood of you attending classes consistently. Similarly, review the class schedules carefully. Does the studio offer classes at times that fit your daily routine? Early morning, lunchtime, or evening classes might be more suitable depending on your

personal commitments. Many studios offer online booking systems, allowing you to view schedules and reserve your spot in advance.

Instructor Expertise and Studio Atmosphere

The quality of instruction can make a substantial difference in your HIIT experience. Look for instructors who are knowledgeable, motivating, and attentive to proper form. A good instructor will be able to offer modifications for different fitness levels and ensure a safe yet challenging workout. The studio atmosphere also plays a role. Do you prefer a high-energy, music-driven environment, or a more focused, no-frills setting? Visiting a studio or taking a trial class will give you a feel for the overall vibe and help you determine if it's a place where you can thrive.

Maximizing Your HIIT Workout Experience

To truly harness the power of HIIT workouts in NYC, a few key strategies can elevate your experience and ensure you achieve optimal results. Beyond simply attending classes, focusing on preparation, execution, and recovery will make a significant difference in your progress and overall well-being.

Proper nutrition is fundamental. Ensuring you are adequately fueled before a HIIT session, typically with easily digestible carbohydrates, can provide the energy needed for intense bursts. Post-workout nutrition, focusing on protein and carbohydrates, is crucial for muscle repair and recovery. Hydration is also non-negotiable; drink plenty of water throughout the day, especially before and after your workouts. Listen to your body; while HIIT pushes your limits, it's important to differentiate between discomfort and pain. If you experience sharp or persistent pain, stop the exercise and consult with a fitness professional or healthcare provider.

Consistency is key with any fitness program, and HIIT is no exception. Aim to integrate HIIT into your weekly routine consistently, allowing for adequate rest days between sessions to prevent overtraining and allow your body to recover. Combining HIIT with other forms of exercise, such as yoga for flexibility or strength training for targeted muscle development, can provide a well-rounded fitness program. Finally, set realistic goals and track your progress. This could involve noting improvements in your endurance, strength, or body composition. Celebrating small victories will help maintain motivation and encourage continued commitment to your fitness journey.

The Future of HIIT in NYC

The landscape of fitness in New York City is constantly evolving, and HIIT is poised to remain a cornerstone of effective training. As the demand for time-efficient and results-driven workouts continues to grow, we can expect further innovation within the HIIT sector. We might see an increase in hybrid classes that integrate HIIT with emerging fitness trends, personalized HIIT programs leveraging wearable technology, and studios that offer even more specialized training environments. The adaptability and proven efficacy of

HIIT ensure its enduring presence as a powerful tool for New Yorkers seeking to optimize their health and fitness.

FAQ

Q: What are the most popular types of HIIT workouts offered in NYC?

A: The most popular types of HIIT workouts in NYC include circuit training, bootcamp-style HIIT, interval sprints, kettlebell-focused HIIT, and bodyweight-only HIIT classes. Many studios also offer unique fusion classes that blend HIIT with other fitness disciplines.

Q: How many times a week should I do HIIT workouts in NYC?

A: For most individuals, participating in HIIT workouts 2-3 times per week is recommended. This allows for sufficient recovery between sessions, preventing overtraining and reducing the risk of injury.

Q: Is HIIT suitable for beginners in NYC?

A: Yes, HIIT can be suitable for beginners in NYC, provided they choose beginner-specific classes. These classes focus on proper form and gradually increase intensity, making the training accessible and safe for those new to exercise.

Q: What should I wear to a HIIT workout in NYC?

A: For a HIIT workout in NYC, wear comfortable, breathable athletic clothing that allows for a full range of motion. Moisture-wicking fabrics are ideal. You'll also need supportive athletic shoes.

Q: How long do typical HIIT classes in NYC last?

A: Typical HIIT classes in NYC usually range from 20 to 45 minutes in duration, including warm-up and cool-down periods. The intense interval segments are generally shorter.

Q: Can I do HIIT if I have pre-existing injuries?

A: If you have pre-existing injuries, it's crucial to consult with your doctor or a physical therapist before starting HIIT workouts. You should also inform your HIIT instructor about any limitations so they can offer appropriate modifications.

Q: What is the difference between HIIT and interval training?

A: HIIT is a specific type of interval training that emphasizes very high intensity during the work periods, pushing the body to near-maximal effort. General interval training can encompass a broader range of intensities during the work intervals.

Q: Are there any specific benefits of doing HIIT in a group setting in NYC?

A: Yes, group HIIT settings in NYC can provide motivation, accountability, and a sense of community. The energy of a class can push you to work harder, and instructors offer guidance and support.

Q: What is the "afterburn effect" associated with HIIT?

A: The "afterburn effect," or EPOC (Excess Post-exercise Oxygen Consumption), refers to the elevated rate of oxygen intake following strenuous activity, meaning your body continues to burn calories at a higher rate for hours after the HIIT workout is completed.

Q: Should I eat before or after a HIIT workout in NYC?

A: It's generally recommended to have a light, easily digestible snack containing carbohydrates 1-2 hours before a HIIT workout. Post-workout, consuming a meal or snack rich in protein and carbohydrates within an hour can aid muscle recovery.

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hiit workouts nyc: Staying Young with Interval Training Joseph Tieri, 2018-03-27 A Workout to Reverse Aging Professional trainers know that high-intensity interval training is a super-effective way to burn fat and get ripped. However, research shows that this popular exercise approach also improves heart and cellular health, prevents disease and enhances athletic performance for older adults—regardless of age. The scientifically proven fitness routines in Staying Young with Interval Training take much less time than conventional workouts, so you can quickly gain:

- Greater flexibility for an active lifestyle
- Muscle and core strength to stay in the game
- Increased energy for the things you love
- Optimal health to live longer and fitter
- A leaner physique with fat-burning stamina

hiit workouts nyc: *High-Intensity Interval Training* Marie-Therese Miller, 2024-08-01

High-intensity interval training (HIIT) is one of the most popular exercise methods in the world today. This title examines the history of this versatile way to work out. It also explains both the physical and mental benefits HIIT provides, complete with instructions for a variety of HIIT exercises. Features include a glossary, references, websites, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

hiit workouts nyc: *High-Intensity Interval Training for Women* Sean Bartram, 2015-01-06

High-Intensity Interval training is the top fitness trend in the U.S. according to the annual survey conducted by the American College of Sports Medicine... and for good reason! HIIT is widely recognized as the most efficient and effective way to burn fat and get in top physical condition. By alternating between intense bursts of exercise and less-intense periods of activity, the body burns more calories--even after working out--in less time compared to traditional forms of exercise. Written by the Official Trainer of the Indianapolis Colts Cheerleaders, *High-Intensity Interval Training for Women* is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs to satisfy every fitness goal and any time commitment. Featured images include the Indianapolis Colts Cheerleaders in both swimsuit and game day attire. Women will learn the right way to perform more than 80 HIIT exercises that can be done anywhere and cover all the major muscle groups, with emphasis on core and lower body, and then they will learn how to integrate those exercises into a variety of workouts and programs that maximize results over a minimal amount of time.

hiit workouts nyc: *Dr. Jordan Metzl's Workout Prescription* Jordan Metzl, 2016-12-13 Dr.

Jordan Metzl's *Workout Prescription* is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime, anywhere, using minimal equipment. This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

hiit workouts nyc: *The Acid Watcher Diet* Jonathan Aviv, MD, FACS, 2017-01-24 Dr. Aviv

guides readers through healthy dietary choices with targeted recipes, helping them balance their bodies and minds for optimal health and break acid-generating habits for good. Do you suffer from abdominal bloating; a chronic, nagging cough or sore throat; postnasal drip; a feeling of a lump in the back of your throat; allergies; or shortness of breath? If so, odds are that you are experiencing acid reflux without recognizing its silent symptoms, which can lead to serious long-term health problems, including esophageal cancer. In *The Acid Watcher Diet*, Dr. Jonathan Aviv, a leading authority on the diagnosis and treatment of acid reflux disease, helps readers identify those often misunderstood symptoms while providing a proven solution for reducing whole-body acid damage quickly and easily. His 28-day program is part of a two-phase eating plan, with a healthy balance of both macronutrients (proteins, carbs, and fats) and micronutrients (vitamins, minerals, antioxidants), that works to immediately neutralize acid and relieve the inflammation at the root of acid reflux.

hiit workouts nyc: *Fitter Faster* Robert Davis, Brad Kolowich, 2017-05-11 A lifetime of fitness

in just minutes a day. I don't have time . . . I'm too tired . . . I hate gyms . . . These are among the most common excuses for not exercising. But the truth is that getting in shape requires less time and effort than you might think. Examining everything from pre-workout stretches to post-workout protein shakes, this science-backed book slices through fitness fads and misconceptions to reveal how you can exercise quickly and effectively. For example, is it best to exercise in the morning? Does aerobic activity burn more fat than weight lifting? You'll also learn how to get and stay motivated, what equipment to buy (and what not to waste money on), which dietary supplements

really help, and how to combat muscle soreness. Fitter Faster explains how to: Find the right balance between cardio, strength, and stretching * Slash workout times with high-intensity interval training * Prevent boredom * Enhance fat-burning The accompanying Fitter Faster Plan, developed with celebrity trainer Brad Kolowich, Jr., pulls everything together. Requiring as little as 15 minutes a day, these quick workouts maximize efficiency-allowing you to reap the greatest benefit in the shortest possible time...all without ever having to set foot in a gym. With photographs illustrating each exercise routine, this eye-opening book will forever change the way you work out- and help you get fitter faster.

hiit workouts nyc: The 12-Minute Athlete Krista Stryker, 2020-03-31 Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find: -A guide to basic calisthenics and bodyweight exercises for any fitness level -Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands -More than a dozen simple and healthy recipes that will fuel your workouts -Two 8-week workout plans for getting fitter, faster, and stronger -Bonus Tabata workouts -And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

hiit workouts nyc: Wayne Lèal's Meta-Age Wayne Lèal, 2023-03-30 Meta-Age is the final book in a trilogy covering Wayne Lèal's midlife journey. The first book, 20-21, is about developing the discipline to make exercise an intrinsic behaviour such as brushing your teeth. The second, Lone Wolf, introduces the concept of becoming a 'Super-Ager' - one who is biologically younger than their chronological age. Meta-Age, the final book in the trilogy, marks Wayne's midlife transition and the creation of a new life stage - 'Meta-Age: a midlife extension, not old age'. All health and fitness roads lead to Meta-Age, that is, self-awareness of physical, mental, and social expectations beyond midlife. The desire to defy age is as ancient as human history. We cannot stop the natural intrinsic ageing process, but by taking some preventive actions, we can influence some factors of that process. The Meta-Age philosophy focuses on an extension of midlife, with a short old age, to write a new narrative of ageing as it could - and should - be.

hiit workouts nyc: HIIT It! Gina Harney, 2014-12-15 Let's HIIT It! Gina Harney, award-winning creator of Fitnessista.com, knows high-intensity interval training (HIIT) is the smart alternative to long cardio workouts. With shorter workouts you can spend less time working out while building strength, coordination, and endurance and boosting your metabolism so you burn more calories throughout the day. And with her HIIT-inspired eating plan of frequent, tasty snacks, you'll feel great and stop stressing about food. -- Back cover

hiit workouts nyc: The Great Cardio Myth Craig Ballantyne, 2017 The Great Cardio Myth uncovers the science behind cardio and why it is an ineffective workout for weight loss and overall health--

hiit workouts nyc: The Whole Life David Stine, 2019-01-29 Inspired by 1 Thessalonians 5:23, this new book from Pastor David Stine focuses on the three parts of your being—the spirit, the soul, and the body—and shows how you can experience a balanced and more fulfilled life when you take care of all three. Pastor David Stine was the head of a growing church in the nation's capital. He was seeing exponential church growth and reaching hearts and minds for God. But inside, he felt spiritually dry. He was burnt out. His health suffered, and his preaching became uninspired. Then,

one day he read 1 Thessalonians 5:23 in a way he never had before. The verse, he now saw, clearly indicated that there were three parts to the human self—the spirit, the soul, and the physical body. He had only been focusing on one part and realized his life was seriously out of balance with the way God intended. As soon as Pastor Stine began to focus on his emotional well-being and physical health in addition to his spiritual fitness, everything changed. He began to see that all three elements are interconnected and necessary for a vibrant Christian life. Divided into three sections, *The Whole Life* is a practical guide to leading an empowered and balanced life. The Spiritual Formation section discusses the importance of Prayer, the need to read scripture regularly, and the necessity of having a God-sized dream to guide you. The Soul Care section covers your mind, your emotions, and your desires, while the Body Health sections discusses nutrition, exercise, and rest. In each section, Pastor Stine helps you identify where you are thriving and where you are depriving yourself so that you can achieve a healthy whole body and, in turn, a whole life. Providing practical and inspiring ways to feed and nurture yourself, Pastor Stine guides you to discover how you, too, can have a whole, balanced life in Christ.

hiit workouts nyc: Training and Conditioning for MMA Stéfane Beloni Correa Dielle Dias, Everton Bittar Oliveira, André Geraldo Brauer Júnior, Pavel Vladimirovich Pashkin, 2022-09-08 The number of athletes training for and competing in mixed martial arts has skyrocketed to over 3.6 million, making it one of the world's fastest-growing sports. To succeed, fighters need to not only master various martial arts disciplines but also develop the physical stamina and mental endurance to dominate their opponents. Based on the latest science and research, *Training and Conditioning for MMA* details physical training, nutrition, and injury prevention for all martial arts disciplines. It uses actual training programs and showcases real examples recurring in the day-to-day preparation of countless elite MMA fighters from the American Top Team, UFC, Bellator, Sambo, and Jiu-Jitsu World Championships. Collectively, the 21 contributors to this book have trained over 200 amateur, professional, national, and Olympic MMA champions, including Amanda Nunes, Junior Dos Santos, Marcus Buchecha Almeida, Mark Hunt, Yoel Romero, Héctor Lombard, and Glover Teixeira. The quality and extent of the knowledge they share in these pages is simply unmatched in the world of MMA training resources. Developed for combat athletes and the trainers and coaches who work with them, *Training and Conditioning for MMA* is a complete manual for all training-related aspects of MMA, featuring the following: Methodology of sports training, including the periodization model used at American Top Team Principles for designing a fighter's training program Physical assessment of a fighter, from body composition to flexibility Importance of nutrition in high-level training More than 45 proven training programs for a wide range of martial arts disciplines, athlete types, and levels, accompanied by photos of professional MMA fighters demonstrating exercises and techniques Prevention strategies for MMA-related injuries Comprehensive yet practical, *Training and Conditioning for MMA* is the definitive resource for success for developing future champions. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

hiit workouts nyc: The Diet Detox Brooke Alpert, 2017-12-26 Your diet is making you fat. Forget the fads and finally lose weight for good with 10 simple rules—and no BS. We're addicted to fad diets, cleanses, and programs that promise miracles in minutes. But when diets have expiration dates, so do the results. After those popular 30-day diets end, people slide back into the same bad habits that led them to gain weight in the first place. Nationally recognized nutrition expert Brooke Alpert has seen this happen far too often. She knows that in order to lose the weight and keep it off, you must develop habits that will help you stop dieting and start eating well for the rest of your life—not just the rest of the month. In *The Diet Detox*, Brooke shares the diet advice she would give to her friends. Engaging and encouraging, this visually friendly, easy-to-use guide lays out a set of 10 simple rules meant to teach people how to eat for lifelong health. Along with Brooke's expert advice, you'll find: A one-week kickstart program Nutritionist-tested weekly food plans and shopping lists 45 delicious recipes—each with no more than 5 ingredients 10 doable, effective high intensity

interval workouts from one of NYC's top gyms This is not a demanding, complicated program that leaves you hanging after you're finished reading—this is a lifestyle manual that will help you form healthy eating habits that last the rest of your life. The Diet Detox is the practical, non-diet diet book that everyone should read, whether they want to lose weight, get healthy, or just stay that way. Brooke's 10 simple rules will be the last you'll ever need: stop dieting and take control of your weight and your health—for good.

hiit workouts nyc: *Men Over 60: Don't Quit Now!* Peter J. Dorsen, M.D., 2022-11-30 Dr. Dorsen, a fellow in the American College of Sports Medicine and retired internist, is a cum laude graduate from Dartmouth College with his medical degree from the Rutgers New Jersey University School of Medicine, and residencies in medicine at Johns Hopkins and Hennepin County Hospital Minneapolis, Minnesota. He has served at the United States Paralympic and Olympic Training Center in Colorado Springs, and as a team physician for the U.S. Olympic Cross Country Ski Team. He is the author of *The Vikings Change the Play Against Alcohol and Other Dangerous Drugs*; *Dr. D's Handbook for Men Over 40: A Guide to Health, Fitness, Living, and Loving in the Prime of Life*; *Up from the Ashes: One Doc's Struggle with Drugs and Mental Illness*; and over 300 human interest and juried articles. He has spoken on sports medicine and related medical issues at US and world cross country events where he himself races. He lives in Eagan, Minnesota with his partner, Nada. "Dr. Dorsen offers an antidote to time and a commitment to daily respect for your body and mind. With insight and clarity, he encourages us to make health a daily habit." - David Feldshuh, M.D., Ph.D., Pulitzer nominee for *Miss Ever Boys'* based on the Tuskegee Study, professor of theater at Cornell University, and practicing emergency room physician. "If we are going to help make a healthy world it is essential that men become kind and soft and step down from the altar of power. These things were not spoken in medical school maybe because most all the teachers were male, and psychiatry did not address the unhealthy features of the male personality. Thank you, Peter, for showing the possibility for a healthier world, making healthier men." - Patch Adams, M.D., a physician, comedian, social activist, clown, and founder of the Gesundheit! Institute, "Patch" is the author of the film, "Patch Adams" (1998), "Bringing Good Health to You" (1998), and "House Calls"(1998). "*Men Over 60: Don't Quit Now!* supplies helpful information for men in their senior years who want to stay active and healthy. To share this type of information with senior men is an admired goal of Dr. Dorsen and myself. I recommend Dr. Dorsen's sequel to *Dr. D's Handbook* as a helpful guide to anyone interested in this age group." - Barry Mink, M.D. was catcher for the Cincinnati Reds out of high school with 40 years as a practicing internal and sports medicine at the Aspen Clinic. Dr. Mink has been the team physician for the US Biathlon Team and Nordic team physician at both the 1980 and 1994 Winter Olympics. "I came to this book for the information, but I stayed for the inspiration. There is lots of new information, even for an experienced physician. But more importantly, this book offers the inspiration to implement a healthy lifestyle as we pass from our 60s and beyond." - Edward Feinberg, M.D., MPH, chairman emeritus department of ophthalmology; faculty retina-vitreous service.

hiit workouts nyc: *Men's Health Push, Pull, Swing* Myatt Murphy, Editors of Men's Health Magazi, 2014-09-02 No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone. The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can become strong in any direction. And sanctioned by Men's Health, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements—pushing, pulling, and swinging—that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world

application and total-body fitness Men's Health Push, Pull, Swing will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.

hiit workouts nyc: *Beyond Training* Ben Greenfield, 2014 Ironically, many people who appear to be fit and healthy on the outside struggle with health and lifestyle issues like insomnia, gas, bloating, low libido, aging too fast, injuries, performance plateaus, brain fog, and a basic lack of time for career, family, and friends. So this book supplies a step-by-step, done-for-you guide to eliminating all these issues, helping you get the most out of life while still achieving amazing feats of physical performance.

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