

Vigorous exercise and brain function

We all know the benefits of exercise for the body but do we realise the positive effects it has on our brain function? Body health and vitality will greatly boost brain function and the right personalised exercise program will increase the resiliency of both body and brain.

Low to moderate intensity exercise is great but doses of vigorous exercise can be even better.

Now not all of us are fit enough to jump straight into vigorous exercise but we can cope with small bursts of high intensity effort integrated into a workout.

I favour a session that addresses total body conditioning and running technique in one. How about factoring the following workout in to your weekly exercise routine:

This workout is best performed on an even grass surface

15 mins warm up

Easy jogging with 6 x 20 sec's sec fast running accelerations, some side to side running and the occasional burst of running backwards.

Then find a clear area about 80 metres long and perform Set 1:

Set 1: Perform 10 burpees and immediately go into fast running for 80 metres. Repeat this 3 times through without resting.
Take 90 sec walking to catch you breath then run for 4 mins at a moderate effort.
Take 2 mins walking to catch your breath

Repeat set one 2 –3 times and then warm down for 5-10 mins with some slow easy jogging, then stretch.

You'll find that your heart rate fluctuates up and down during the session but the vigorous efforts are short enough to cope with and you get a lot of physical variety during the workout.

This is a great way to slowly introduce high intensity exercise into your weekly routine and your body and brain will thank you for it! 😊