

Home-based high intensity interval training could be an effective addition to exercise referral schemes

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Introduction

What is H.I.I.T? 10 Minutes 7 Minutes 4 Minutes 10-20-30 Don't Get Bored

Really, Really Short Workouts

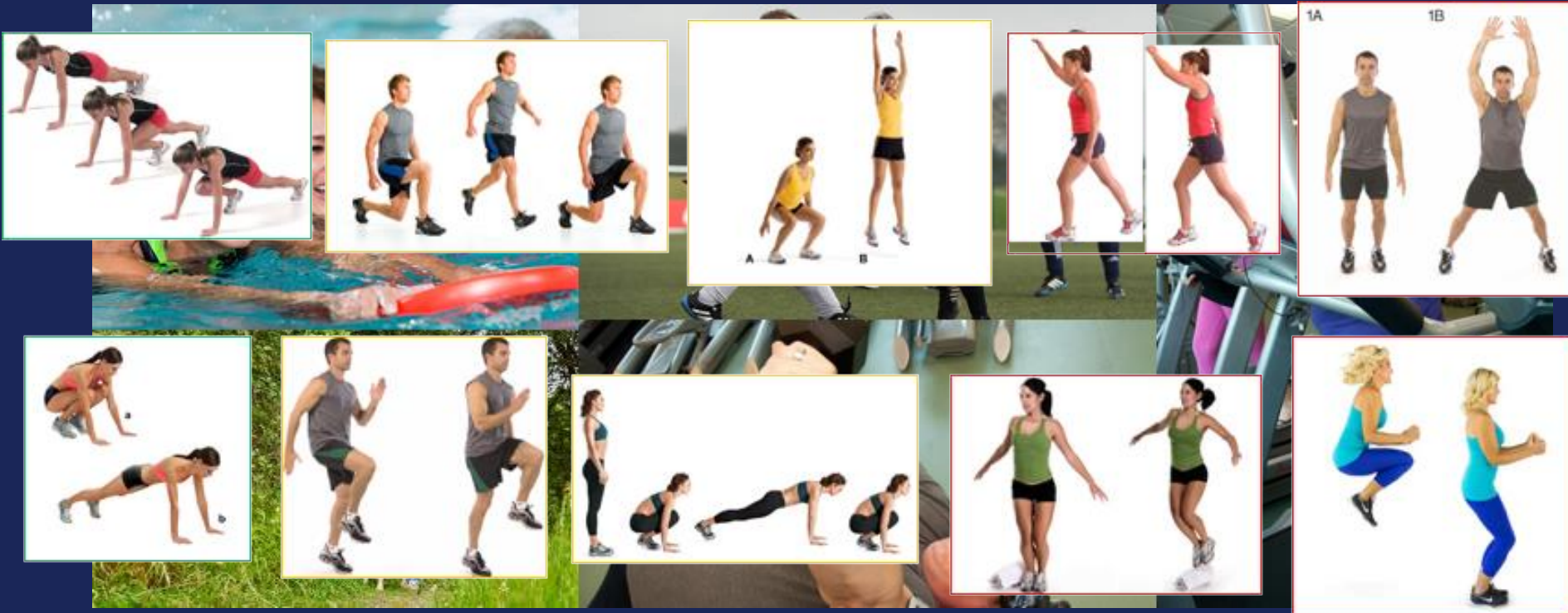
The New York Times | Well



Methods

154 patients were recruiting using local exercise referral scheme

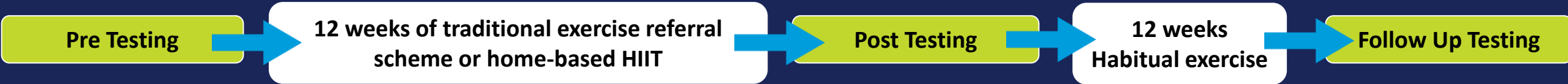
Patients self-selected their intervention



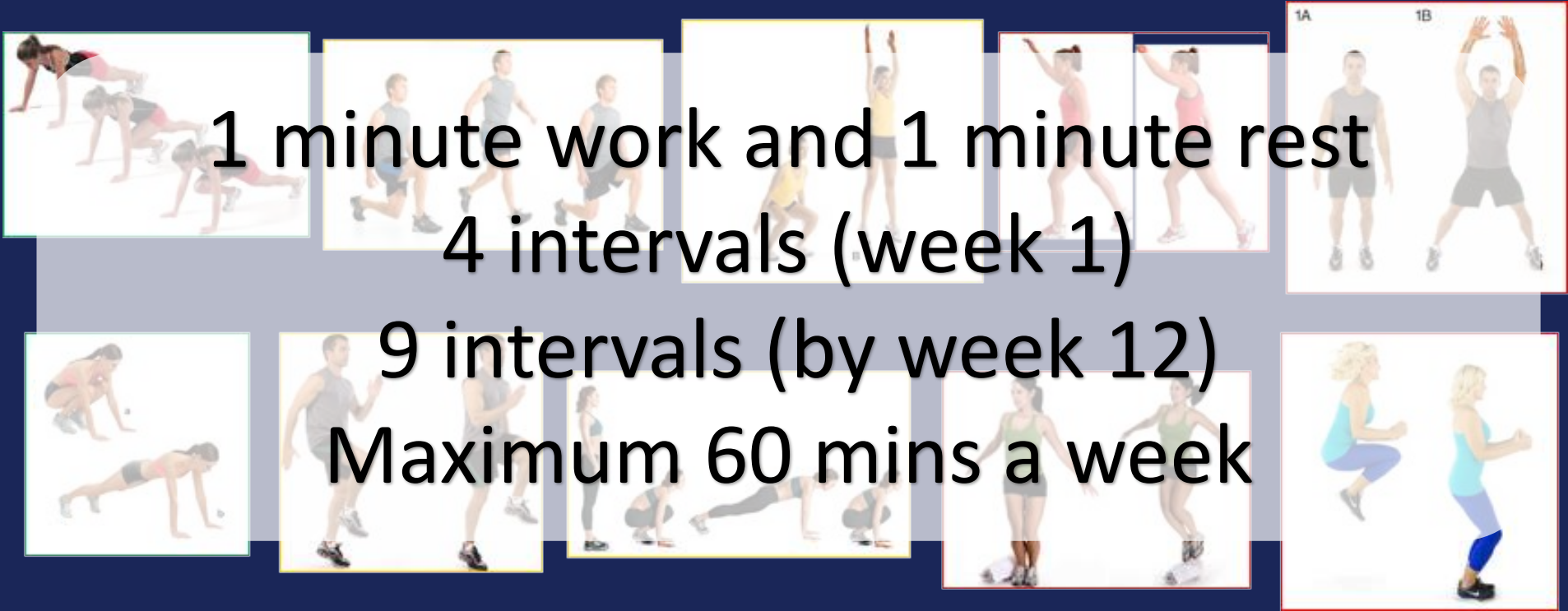
Methods

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Patients self-selected their intervention



**1 minute work and 1 minute rest
4 intervals (week 1)
9 intervals (by week 12)
Maximum 60 mins a week**



Methods

154 patients were recruiting using local exercise referral scheme

Patients self-selected their intervention



Traditional exercise referral scheme
Reduced gym cost & gym programme
Initial, week 6 meet and week 12 visit

HIIT as a possible addition to ERS

Why did you pick Home-based HIIT?

Home based HIIT saved me time, on my travel and during the workout

Previously been a gym member but struggled with consistency of going.

HIIT because of the time factor and some freedom to complete the exercise when moment allowed.

I could tailor the exercises that I did to suit which part of the body I wanted to work on. I enjoyed the versatility and being able to work at my own pace.

What did you like about the programme?

The exercises were quite simple to undertake and they managed to get the heart rate up quite quickly without any strain on the body.

They were very quick and it was easy to fit them around daily schedules. I am glad that I have started with hiit workouts, now I can easily get back to gym workouts.

When given the option
56% of our patients
chose HIIT

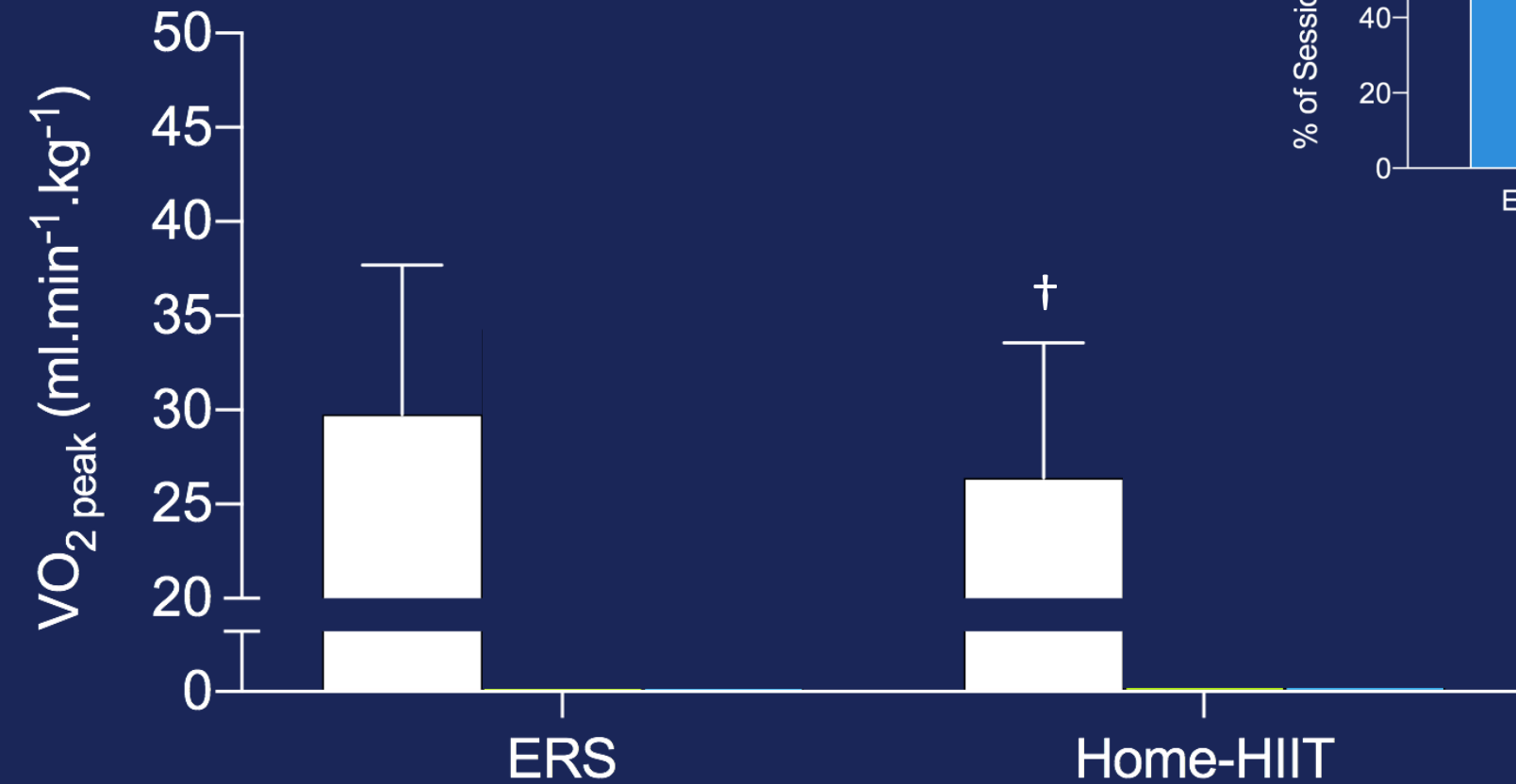
Injuries and ongoing health problems

I was just too tired after a days work

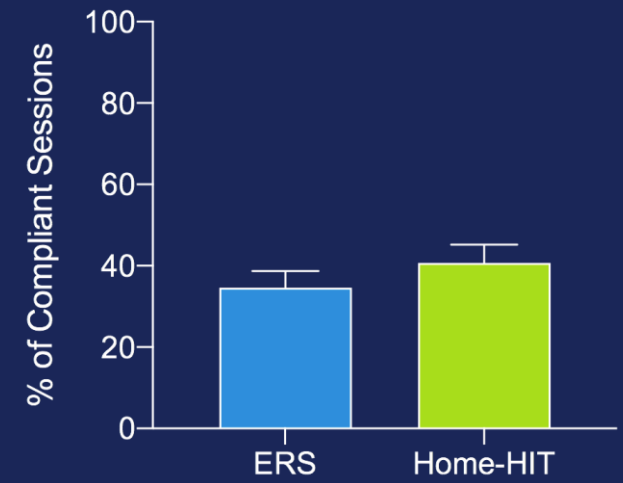
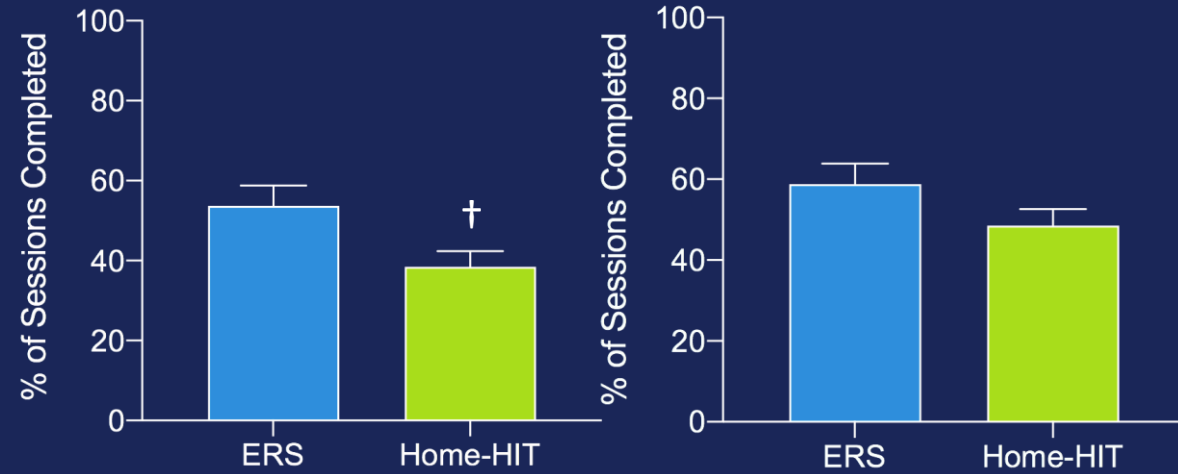
What prevented you from carrying out the programme?

Results

■ Pre* ■ Post ■ Follow Up



*Pre significantly lower



† Significantly lower than ERS

Take Home Message



The majority of patients from an ERS wanted to complete a home-based HIIT programme. In general, the less fit they were the more attractive the option.



Therefore home-based HIIT should be an option within the current exercise referral scheme.



But drop out and adherence still remains a problem in both interventions....



We cannot look at exercise as *'one size fits all'*.

Acknowledgements



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Thank you for listening!



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