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Weekly Fit Tip

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DISCOVER A NEW CARDIO COMFORT ZONE

It's always healthier to make small, gradual changes to your exercise habits than trying to become an overnight marathoner. But there's a difference between baby steps and babying yourself. Taking it too easy can set you up for failure because you won't make enough progress to keep you motivated.

If you stay within your comfort zone and walk the same pace and distance every day, your body will become accustomed to the routine, therefore more efficient at that workout. One of the keys to keeping your body working hard is continuing to keep your body guessing.

One of the best and most effective ways to shake it up and burn mega calories is to try interval training. You will find that doing intervals will help strengthen your heart and lungs, increase your endurance and help burn calories at a faster rate. You can create interval workouts with almost any mode of cardiovascular activity both indoor and outdoor. Try out some of these recommended programs from the exercise experts at [Life Fitness](#):

Whether you favor the treadmill, elliptical cross-trainer or jogging outside, you simply create a pattern of working at a moderate pace (like a five or six on a scale of one-10), then pushing yourself to a high intensity (like a nine on a scale of one-10). For example, try a three to one workout, meaning you stay at a moderate pace for about three minutes and then go all out for about one minute.

You can repeat the interval as many times as you'd like or have time for. Try playing around with speed, incline or both to vary your intervals. End with active recovery and keep your feet moving, but slow it down and take some deep breaths.

The bottom line is if you keep doing what you're doing, you'll keep getting what you're getting. Step outside your box, find a new comfort zone and you'll see the results!

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on FitTips and other fitness advice and expertise visit www.lifefitness.com or follow us on Twitter at www.twitter.com/lifefitness or join our facebook fan page at www.facebook.com/lifefitness.