



Seven years ago Steve Way weighed 16 1/2 stone, had high-blood pressure, a 20-a-day smoking habit and an addiction to takeaways and chocolate.

His doctor told him that he was well on his way to becoming diabetic and suffering a heart attack. That night, while he lay awake after a coughing fit induced by his smoking, Steve had an epiphany to transform himself through running.

Last week, six stones lighter and 10 inches leaner around the waist, Steve ran the fastest ever marathon by a British over 40 year old, clocking a time of 2 hours and 15 minutes.

But researchers at Abertay University have found that *you don't even need to run a mile*, let alone a marathon, to get healthier and that it's never too late to start.

In a recent [study](#)¹⁰⁴ they discovered that Pensioners can dramatically boost their health by doing just one minute of high intensity training (HIT) twice a week.

The critical factor is not the duration, but rather the intensity (at your absolute maximum) and frequency of the exercise. Ten 6 second high intensity bursts with a short rest between each, twice a week, significantly improves health.

In his excellent book [Younger Next Year](#)¹⁰⁵, gerontology expert Dr. Henry Lodge says that we're built on the same chassis as our hunter gathering, cave dwelling ancestors. Our body needs short, intense bursts of "hunting" to stay in good condition.

Scientists show how to get fit in 60 seconds

By Sunil Bali

Two minutes a week is good, but 7 minutes a week is even better.

The evidence is unequivocal: a HIT a day keeps the doctor away.

Steve Way's rude awakening spurred him to avoid a tragic health outcome, take a step towards transformation and go from feeling terrible to terrific. A *setback* - be it physical, financial or emotional - is often a *setup* for greater growth and gain.

Reframe the setback and bounce back.

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About the Author

Sunil is a Performance Coach, Speaker and Author.

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