



November 30, 2011 – Grand Rapids, MI

Spinning—Initial Results

On Monday, I told you about my first attempt at a spinning class. I recommend high-intensity work such as spinning to help people get off plateaus when they're losing weight. I'm a runner but because most people aren't, I wanted to know if spinning would damage enough muscle to increase metabolism. The answer is *possibly*.

No question that I feel it. My quads and glutes are more sore than they are after my normal workout, but I don't feel that high-intensity glow that I get when I run hill repeats.

To be fair, I can't say that I gave it as much of an effort as I could have. When I run hills, I know exactly when it ends; same with intervals on the track. With someone calling out when to ramp it up without knowing how long the interval will be, I held back a little. No question it hurt but not tongue-dragging hurt the way I know I can do. Next Monday, I'm going to try it again with more effort.

How about you? Are you stuck at one weight on the scale? If you want to progress, you've got to pay the price. Try an interval workout whether it's a spinning class, walking fast up a hill, or whatever—for more info, see "Interval Training" on the Health Info page at drchet.com.

What are you prepared to do today?

Dr. Chet

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