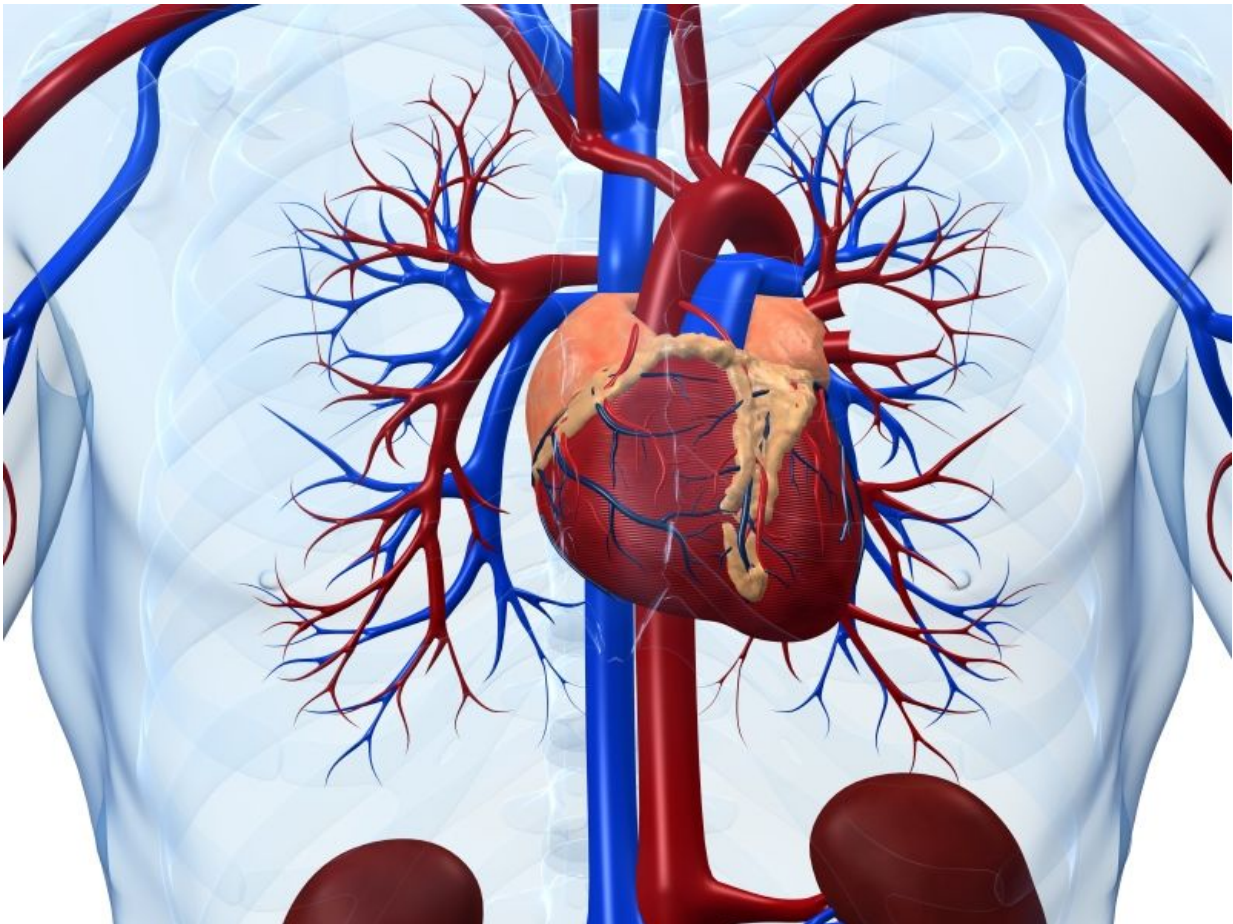


# HIIT may be most effective exercise method for obese youth

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(HealthDay)—For obese youth, high-intensity interval training (HIIT)

appears to be more effective for improving blood pressure and aerobic capacity than other forms of exercise, according to a meta-analysis published online March 7 in *Obesity Reviews*.

Antonio García-Hermoso, Ph.D., from the Universidad de Santiago de Chile in Santiago, and colleagues conducted a [meta-analysis](#) to examine the effectiveness of HIIT interventions on cardiometabolic risk factors and [aerobic capacity](#) in overweight and obese youth. Data were included from nine studies involving 274 6- to 17-year-olds.

The researchers found that compared with other forms of exercise, four- to 12-week HIIT interventions correlated with larger decreases in [systolic blood pressure](#) (−3.63 mm Hg) and greater increases in maximum oxygen uptake (1.92 ml/kg/min). The type of comparison group and study duration were moderators.

"In summary, this meta-analysis provides insight into the higher effectiveness of short-term HIIT interventions on improving aerobic capacity and [blood pressure](#), especially as compared to moderate-intensity continuous training, and especially with interventions that last more than 12 weeks," the authors write. "A study has reported that HIIT is perceived as a more enjoyable exercise compared to other exercise modalities, which would have implications for participation in adherence to this type of activity, which could favor greater autonomous motivation."

**More information:** [Abstract](#)  
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