

Mayo Clinic Minute

When your workout doesn't work

Video	Audio
Vivien Williams	Has this ever happened to you? You spend hours at the gym but don't see results.
Michael Joyner, M.D.	"One of the things you see when people engage in exercise training is some people respond more than others."
Vivien Williams VO: people exercising	Exercise expert Dr. Michael Joyner says that can be super frustrating.
Michael Joyner, M.D. Anesthesiology Mayo Clinic	"But, in general, if the dose of exercise is high enough, almost anyone will respond. And, so, what people need to do if they're not responding is subtly change their program or try different doses of exercise."
Vivien Williams	Dr. Joyner says the following two tips can really help: High-intensity interval training — that's when you repeatedly go hard for a few minutes and then rest ...
	"If you tend to be a nonresponder or having a harder time getting in shape, that's where interval training will really pay off for you."
Vivien Williams	... And lifting to failure — to where you do so many reps you can't lift any more.
Michael Joyner, M.D.	"The other thing is to make sure that they get a high-protein meal within 30 minutes to an hour after they've lifted."
Vivien Williams	Talk to your health care provider if you're just starting an exercise program. For the Mayo Clinic News Network, I'm Vivien Williams.