

A BETTER  
START

E Tipue Rea

# High intensity interval training and mental health in adolescents

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Host Institution



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# High Intensity Interval Training

## HIIT

8 schools across Auckland (Year 8, ≈13 yrs old)

Decile 1-5

2 classes per school:

1 HIIT (intervention)

1 'normal PE' (control)

# HIIT intervention

We do professional development with teachers

They then deliver HIIT in PE class

2 school terms, then follow-up

Mātauranga Māori

Simple, practically implementable

# Outcome measurements

Mental wellbeing and illbeing (questionnaire scales)

Exercise 'enjoyment / motivation scales'

Executive function

Physical fitness

Small group interviews