

# Understanding Efficiency

The technical definition of efficiency, as defined by oxford, is the ratio of useful work performed by a machine in a process to the total energy expended or heat taken in. This translates into laymans terms as getting the most bang for your buck. In most cases, this is what everybody looks to get out of exercise, getting the most benefits out of the least amount of movement. This is probably most prevalent in two ways, movement patterns and intensity.

## A. Movement Patterns:

- This can be accomplished by practice and repetition, gaining experience in whatever form of exercise you choose to engage in. Movements that are more efficient require less energy and are far less taxing on the body in terms of wear and tear

While provided in different ways, each of these has the opportunity to create greater efficiency within a workout

## B. Intensity:

- Another way to increase the efficiency of your time exercising is to increase the intensity. If you are performing your bouts of exercise more vigorously, it takes much less time with a possibly busy schedule to reach the exercise guidelines

