

F.I.T.T. FORMULA

FREQUENCY: How often you should exercise. It depends on what kind of exercise you do, but some type of moderate activity should be done every day. Lifting weights for the same muscle groups should be done every other day; cardio can be done daily.

INTENSITY: Refers to how hard you exercise. If it's too easy, you won't build fitness or gain other benefits. Also determined by the type of exercise you are doing. Heart rate can determine cardiovascular fitness, while the amount of weight you lift can determine intensity for building strength.

TYPE: The kind of exercise you do to build specific parts of fitness or to gain a specific benefit. Cardiovascular compared to muscular strength or flexibility.

TIME: How long you are doing a specific activity. This also depends on the type. Working on flexibility exercises would require 15-30 seconds where cardiovascular would require continuous movement for 20-60 minutes.

SUMMARY: Choose one component of fitness (CV endurance, flexibility, muscular strength, muscular endurance, weight loss) that you would like to work on. Using each part of the FITT Formula, explain what a workout would look like.

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