F.I.T.T.
FREQUENCY. INTENSITY. TIME. TYPE.

Get the most out of your workout by applying the FITT principle.

FREQUENCY
HOW OFTEN YOU EXERCISE.

Regular exercise is important for your health. Exercising 3-5 times a week is an example of frequent exercise.

INTENSITY
HOW HARD YOU EXERCISE.

Listed below are some standard levels of exercise intensity:

LIGHT:
Feels easy. You could go forever. Example: stretching, light walking.

MODERATE:
Feels somewhat hard. You can talk but can’t sing. Example: walking, aerobic class, or light pushing.

VIGOROUS:
Feels challenging. You’re breathing harder and sweat easily. You cannot talk very long. Example: basketball, sprinting.

TIME
HOW LONG YOU EXERCISE.

The Department of Health & Human Services suggests exercise be at least 10 minutes long and they recommend a MINIMUM of:
- 150 minutes a week of moderate aerobic activity or
- 75 minutes per week of vigorous activity

TYPE
HOW YOU EXERCISE.

Try and incorporate all 3 of these types into your routine:

CARDIO:
Exercise that gets your blood flowing and your heart pumping! Think biking, swimming, walking, or brisk-pushing.

STRENGTH:
Resistance training using dumbbells, household items, or even just your own body weight.

FLEXIBILITY:
Stretching or yoga classes can help with this.