



FITT



(Frequency, Intensity, Time, Type)

Factors

	Physical Activity	Cardiovascular Endurance	Muscular Strength	Muscular Endurance	Flexibility
Frequency	Everyday	3 to 5 times per week	2-3 times per week	2 to 3 times per week	Warm up & Cool down <u>Developmental</u> 2 to 3 times per week
Intensity	Moderate	60-85% MHR* Talk Test	3 to 7 repetitions	8 to 12 or more repetitions	Tension not Pain
Time	30 Minutes or more May be intermittent	30 Minutes or more	As Required	As Required	Warm up & Cool down 10 to 15 sec. <u>Developmental</u> 30-60 sec.
Type	Vigorous Moderate Light	Run, swim, stair climb, row, bike, jump rope, walk, hike	Free weights, Machines, Rubber band/tubing resistance	Calisthenics, Machines, Free Weights, Body weight exercises(pushups, pull-ups, dips)	Passive Static Stretching

*Maximum Heart Rate

The F.I.T.T. Principle

FITT is an easy way to remember the exercise variables you can manipulate to avoid boredom and to keep your body challenged!

***Frequency=how often you exercise**

***Intensity=how hard you exercise**

***Time=how long you exercise**

***Type=the type of exercise you are doing (running, walking, etc)**

When you workout at a sufficient intensity, time, and frequency, your body will improve and you will start to see changes in your weight, body fat percentage, cardio endurance and strength. When your body adjusts to your current FITT levels, it's time to manipulate one or more of them. For example, if you've been walking 3 times a week for 20 minutes and you've stopped seeing improvements, you could change your program by implementing one or more of the following ideas:

***Frequency=Add one more day of walking**

***Intensity=Add short bursts of jogging, speed walking, or hill training**

***Time=Add 10-15 minutes to your usual workout time**

***Type=Do a different activity such as biking, swimming, jogging, aerobics, etc.**

Changing any of these variable 4-6 weeks can help you keep that training effect going.

Progressive Resistance (The Overload Principle)

In order to improve our strength, endurance and fitness, you have to progressively increase the frequency, intensity and time of your workouts. A simple way to stimulate your body is to try different activities. If you normally walk on the treadmill, try riding the bike which will use different muscles and allow you to burn more calories. If you've been doing bicep curls with dumbbells, change to a barbell.

Specificity

This principle is just how it sounds....how you exercise should be specific to your goals. If you're trying to improve your race time, you should focus on speed workouts. If your main goal is simple health, fitness and weight loss, you should focus on total body strength, cardio and a healthy diet.

Rest and Recovery

Give your body time to rest and recovery between workouts. It's essential for muscle and tissue repair, as well as strength building. It's important to cool down, replace fluids, eat properly, stretch, rest/quality sleep, and never over train. If your body doesn't have time to recover you will lose muscle tissue instead of building it.