

F.I.T.T. Principle of Exercise



Frequency How often you exercise.

- Usually 3-5 times/week

Intensity How hard you work during exercise

- Breath and heart rate and sweating

Time How long you exercise.

- Benefits seen for as little as 10 minutes/day!
- 150 minutes/ week recommended.



Type: The type of activity you're doing.

ANYTHING! - our bodies were meant to move! Have fun and work your muscles or get your heart rate up. You will feel better!

Right now, I am doing: _____

I will start with _____ minutes of _____ on _____
TIME TYPE What date?

Next, I will do _____ minutes of _____ on _____
TIME TYPE Next date

GOAL:

_____ times before next group visit (4 weeks)

Circle possible activities: Walking Swim jog/run stretching
Resistance/weights Dancing Active yardwork Biking
