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
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