

The FITT Principle

- **F: Frequency** is the number of times you exercise each week.
- **I: Intensity** is how hard you are working while you are exercising. (The effort you put forth.)
- **T: Time** is the total amount of time that is spent exercising in one session.
- **T: Type** is the type of exercise you are doing—cardio or resistance training. Aerobic or anaerobic exercise.



FITT PRINCIPLE APPLIED TO THE COMPONENTS OF FITNESS

F FREQUENCY	I INTENSITY	T TIME	T TYPE
	HOW LONG	HOW HARD	HOW MANY DAYS A WEEK
CARDIO RESPIRATORY ENDURANCE	60 + Minutes	<ul style="list-style-type: none"> • HEART RATE: Level 4 Intensity • Sweating • Breathing Rate 	5-7 Days a week
MUSCULAR STRENGTH OR ENDURANCE	20- 30 Minutes	<ul style="list-style-type: none"> • Amount of weight • # of Reps/ Sets 	2-3 Days a week
FLEXIBILITY	30-60 Seconds per stretch	<ul style="list-style-type: none"> • Distance of stretch • "Feel" of stretch 	2-3 Days a week