FITT Principle

Objective:

Understand the components of the FITT Principle

Apply the FITT Principle to an individual fitness plan

What is FITT?

FITT is an acronym used to describe the frequency, intensity, time and type of activity you need to participate in for that activity to produce health benefits for your heart.

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| FITT PRINCIPLE | | | | |
| F | Frequency of exercise-which means how often you do the activity. Frequency is the number of days per week that you participate in the activity. | How often | Beginner  Moderate to High | 3-5 days per week  5-7 days per week |
| I | Intensity of exercise-which means how hard you perform the activity. The intensity must be greater than that required for normal daily activities. | How Hard | Beginner  Moderate to High | Less than 145 BPM  145-186BPM |
| T | Time of exercise-which means how long you do the activity. The activity must be done for an effective amount of time for benefits to result. | How Long | Beginner  Moderate to High | 20-30 minutes  30-60 minutes |
| T | Type of exercise-which means what kind of activity you are performing. | Which Exercises |  |  |
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| HEALTH RELATED FITNESS FITT TABLE | | | | |
|  | Frequency | Intensity | Time | Type |
| Aerobic Capacity | 3-7 times per week | Moderate  Vigorous | 20-60 minutes | Treadmill, elliptical, upright, step aerobics, Zumba, etc. |
| Muscular Strength/Endurance | 2-3 times per week | Progressive  Moderate  Resistance | 20-60 minutes | Free weights, selectorized, abdominal work, Pilates, band work, etc. |
| Flexibility | 3-7 times per week | Moderate Stretch | 3-5 minutes before and after | Yoga, dynamic stretching, static stretching, bands |

F

T

T

I

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How often

Beginner

Moderate to High

3-5 days per week

5-7 days per week

FITT is an acronym used to describe the frequency, intensity, time and type of activity you need to participate in for that activity to produce health related benefits.

Intensity of exercise-which means how hard you perform the activity. The intensity must be greater than that required for normal daily activities.

How Hard

Beginner

Moderate to High

Less than 145 BPM

145-186BPM

Time of exercise-which means how long you do the activity. The activity must be done for an effective amount of time for benefits to result.

How Long

Beginner

Moderate to High

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Type of exercise-which means what kind of activity you are performing.

Which Exercises