

F.I.T.T. PRINCIPLE: What is F.I.T.T.?

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

- F** stands for **frequency**, which means **how often** you do the activity. Frequency is the number of days per week that you participate in the activity.
- I** stands for **intensity**, which means **how hard** you perform the activity. The intensity must be greater than that required for normal daily activities.
- T** stands for **time**, which means **how long** you do the activity. The activity must be done for an effective amount of time for benefits to result.
- T** stands for **type**, which means **what kind** of activity you are performing.

Components of the F.I.T.T. Principle

- **Cardiovascular Endurance:** The ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate to vigorous activity
- **Flexibility:** The ability to move the joints through a full range of motion
- **Muscular Strength:** The amount of force a muscle can exert
- **Muscular Endurance:** The ability of the muscles to perform physical tasks over a period of time without becoming fatigued.

How can we use the F.I.T.T. principle in our training?

	Frequency	Intensity	Time	Type
Muscular Endurance	3 - 6 times per week	20-55% of one rep max*	1-3 sets of 11 or more reps for each exercise	A physical activity where the muscles perform a task over a period of time with minimal fatigue (resistance training, yoga, Pilates)
Muscular Strength	2-4 times per week on nonconsecutive days	Teens: 40-80% of one rep max*	Teens: 1-2 sets of 8-11 reps for each exercise	Anaerobic activity where the muscles develop strength (free weights, resistance machines)
Cardiovascular Endurance	3 - 5 times per week	Work in target heart rate zone	20 - 60 minutes each workout	Any aerobic activity. Ex) run, bike, swim
Flexibility	Daily	Stretch muscles and hold beyond its normal length at a comfortable stretch	Hold stretch for 15 seconds with the stretching workout lasting 15-30 minutes	Exercises that allow the body to move through the full range of motion

***One rep max (1RM)** = The exertion that can be given by a muscle group when performing one repetition at a maximal level