

The FIT Principle

When we workout at a sufficient intensity, time and frequency, our body will improve and we will start to see changes in our weight, body fat percentage, cardiovascular endurance and strength. The FIT Principle will assist you in the process of maintaining a healthy and active lifestyle.

Frequency: How often you exercise

- the number of times you are active per week

Intensity: How hard you exercise

- how fast your heart beats
- how much you stretch
- how much weight you lift and number of sets/repetitions

Time: How long you exercise

Type: What kind of exercise you are doing

- cardiovascular exercise is prolonged, nonstop, repetitive activity)
- Muscle strength or anaerobic exercise (short bursts of high intensity activity, ie: sprinting, lifting weights)
- Stretching

As continue to be physically active, we need to change the workload we put on our bodies. This change in intensity, referred to as **Overload** will allow for the **Progression** of our health. The following are guidelines to assist in continuing to move forward with our fitness levels.

1) How often should you exercise?

- Moderate activity for at least 30 minutes daily (games, transportation, chores, exercise)
- Do vigorous activities at least 3 times per week

2) How hard should you exercise?

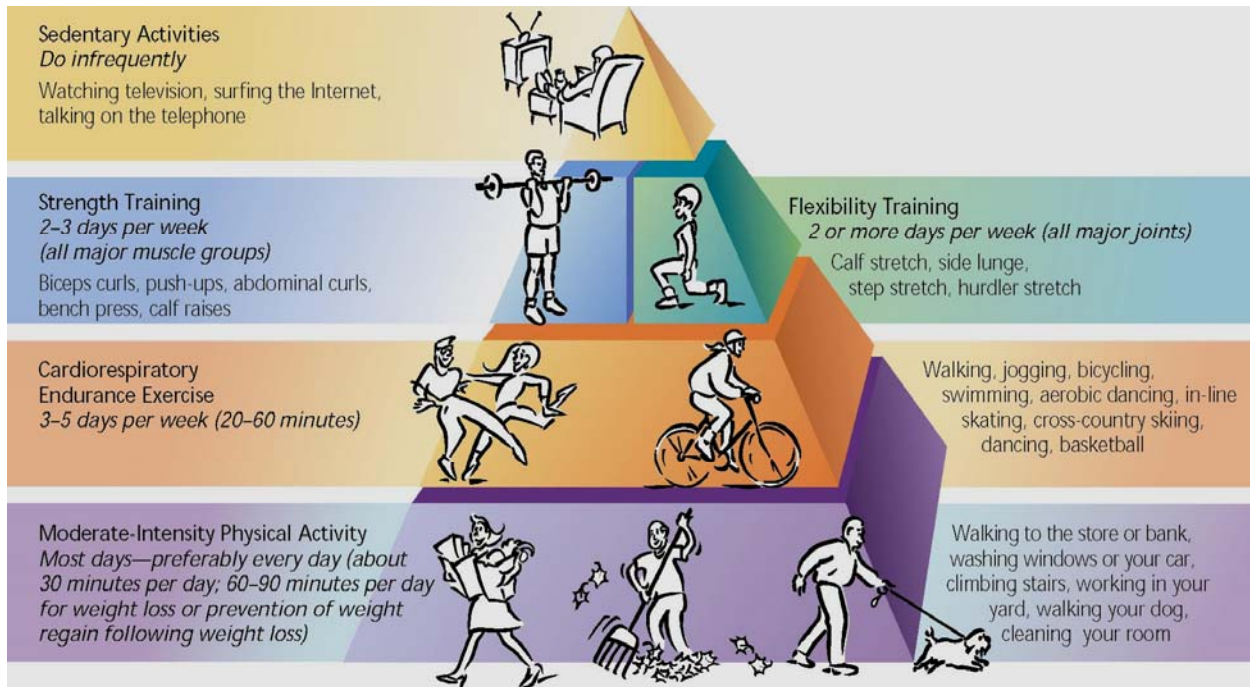
- Increase the intensity of physical activity gradually.
- Try to include activities of low, moderate, and vigorous intensity in your routine.




3) For how long should you exercise?

- Moderately intense activities should be done more frequently and for a longer time than vigorous activities
- Even low-intensity activities have health benefits if they are done regularly for prolonged periods of time.

4) What type of exercise should you do?

- Find a combination of exercises you like that improve your overall fitness.
- Aerobic activities like jogging, basketball, and hiking improve your cardiovascular endurance and muscular endurance.
- Carrying heavy objects and lifting weights make your muscles stronger.
- Stretching improves your flexibility.



| |  Lifestyle physical activity |  Moderate exercise program |  Vigorous exercise program |
|-------------------------------------|---|--|--|
| Description | Moderate physical activity—an amount of activity that uses about 150 calories per day | Cardiorespiratory endurance exercise (20-60 minutes, 3-5 days per week); strength training and stretching exercises (2-3 days per week) | Cardiorespiratory endurance exercise (20-60 minutes, 3-5 days per week); interval training; strength training (3-4 days per week); and stretching exercises (3-5 days per week) |
| Sample activities or program | <i>One of the following:</i> <ul style="list-style-type: none"> Walking briskly to and from work, 15 minutes each way Cycling to and from class, 10 minutes each way Yardwork for 30 minutes Dancing (fast) for 30 minutes Playing basketball for 20 minutes | <ul style="list-style-type: none"> Jogging for 30 minutes, 3 days per week Weight training, 1 set of 8 exercises, 2 days per week Stretching exercises, 3 days per week | <ul style="list-style-type: none"> Running for 45 minutes, 3 days per week Intervals: running 400 m at high effort, 4 sets, 2 days per week Weight training, 3 sets of 10 exercises, 3 days per week Stretching exercises, 5 days per week |
| Health and fitness benefits | Better blood cholesterol levels, reduced body fat, better control of blood pressure, improved metabolic health, and enhanced glucose metabolism; improved quality of life; reduced risk of some chronic diseases Greater amounts of activity can help prevent weight gain and promote weight loss | All the benefits of lifestyle physical activity, plus improved physical fitness (increased cardiorespiratory endurance, muscular strength and endurance, and flexibility) and even greater improvements in health and quality of life and reductions in chronic disease risk | All the benefits of lifestyle physical activity and a moderate exercise program, with greater increases in fitness and somewhat greater reductions in chronic disease risk Participating in a vigorous exercise program may increase risk of injury and overtraining |