

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.



How do you decide the frequency - that's easy....how many days a week do you do activity?

How do you decide the intensity - there are several ways (how hard you are breathing, how you feel, how much you are sweating and how fast your heart is beating. Your heart rate is the only objective way to determine it (meaning it is not your opinion, but more of a fact)

How do you determine the time - this is easy, too. It is simply how many minutes you exercised in that day

How do you determine the type - this one can be more difficult. Sometimes an activity could fit two different categories.

Heart Rate

- The number of times your heart beats in 1 minute
- Also called your "pulse"
- It is lower at rest and higher when you are moving
- It is DIFFERENT than your blood pressure! Your heart rate is simply the number of times your heart beats in 1 minute. Your blood pressure is the pressure against the walls of your blood vessels when it beats. A high heart rate can be ok, but a high blood pressure is not.
- It can tell you about your health

Heart Rate

(continued.....)

RESTING HEART RATE

Your heart rate when you are at rest and not doing any moving. A true resting heart rate should be taken when you first get up or after you have been laying down, not moving for several minutes. It is different for all people, but is generally around 100 or lower

Heart Rate

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MAXIMUM HEART RATE

The maximum number of times your heart can beat in one minute. Everyone is different, but for most people it really should not be higher than 225.

Heart Rate

(continued....)

RECOVERY HEART RATE

when you are done exercising immediately take your heart rate. wait 1 minute and take your heart rate again. It should have decreased by about 20-30 beats per minute....more is GREAT. Less CAN mean you have health issues, especially if it is less than 7!

DIRECTIONS:

Label each exercise below as low or high INTENSITY. Be careful not to delete the text box. IF you do, just go to the top and click "insert", choose text box, click on the screen where you want it, use arrows to resize it

Running with some walking for 20 minutes

Swimming and playing in the pool for 1 hour

Walking the dog

Baseball practice with a lot of skills stations

Baseball practice with a lot of conditioning

Read each exercise scenario below and then comment on each in terms of the FITT principles. Make sure you talk about frequency, intensity, time, and type

5 days a week Lana wakes up at 5:00am and goes to the gym to do a group work-out. She also goes to the river twice a week and kayaks for a couple hours. She is also a member of an adult volleyball team that plays games on Sunday afternoons

5 days a week Jenny gets up and walks her dog for about 30 minutes. She tries to make it to the gym after work, but usually only goes 1-2 times a week. Once in a while she may play an adult slow-pitch game for her work.



Directions: Follow the directions and input the data!

Take your heart rate while resting

Heart Rate At Rest:

Do 25 high knees, 25 jumping jacks, 25 crossovers, and 5 burpees

EXERCISE!!!!

Take your heart rate again, do it as soon as you finish activity

Heart Rate After Exercise:

Rest 1 minute and then immediately re-take your heart rate

Heart Rate After 1 Minutes of Rest: