

## F.I.T.T.

- **F.I.T.T. Principle:**
  - Frequency: The number of times per week an individual engages in physical activity or exercise.
    - 3-5 times per week
  - Intensity: The difficulty or exertion level of a physical activity or exercise
    - 60%-80% of maximal heart rate (moderate to vigorous intensity)
  - Time: The duration of a single workout, measured in either minutes or hours
    - At least 20-30 minutes per exercise session
  - Type: The particular type of physical activity or exercise you choose to do
    - Aerobic (with oxygen) activities such as jogging, cycling, swimming or walking
    - Anaerobic (without oxygen) activities include weight lifting, sprinting, and jumping; any **exercise** that consists of short exertion, high-intensity movement.
  
- **Warm Up & Cool Down**
  - A **warm-up** gradually revs up your cardiovascular system by raising your body temperature and increasing blood flow to your muscles. Warming up may also help reduce muscle soreness and lessen your risk of injury.
    - Warm-up options
      - General warm-up. To begin your warm-up do 5 minutes of light (low intensity) physical activity such as walking, jogging on the spot or on a trampoline, or cycling.
      - Sport-specific warm-up. One of the best ways to warm up is to perform the upcoming exercise at a slow pace.
  - Cooling **down** after your **workout** allows for a gradual recovery of pre-**exercise** heart rate and blood pressure.
    - Warm-down options
      - Walking slowly
      - Stretching

- **Muscular Strength, Muscular Endurance & Flexibility**
  - Muscular strength
    - The amount of force your muscles can exert
  - Muscular endurance
    - The ability to use your muscles many times without tiring
  - Flexibility
    - The ability to use your joints fully
  
- **Technology in Fitness**
  - Pedometers
  - Heart Rate Monitors
  - Apps
  - Video Resources
  - Games