

GET F.I.T.T.

Recommended Physical Activity

Frequency • *Intensity* • *Time* • *Type*

As your endurance, strength and/or flexibility improve, *gradually* increase EITHER your **F**requency, **I**ntensity or **T**ime for that component.

FLEXIBILITY

F. 3-5 days weekly

I. Stretch to the point of mild tension

T. Two (2) repetitions of each exercise; hold for 15-30 seconds!

T. Stretch all major joints



CARDIO

Warm-up first; Cool-down last (RPE 7-11)

F. 3-5 days per week

I. 65-90% of maximum heart rate;
RPE 12-15 (moderate intensity)

T. 20-60 minutes total (can be multiple 10 minute sessions)

T. Continuous activities using large muscle groups (arms/legs/back); walk, jog, run, bike, skate, dance, swim



STRENGTH

F. 2-3 non-consecutive days weekly

I. Enough weight to fatigue muscles

T. 8-15 repetitions of each exercise; minimum one set

T. One (1) resistance exercise for each major muscle group (legs, hips, abdominals, back, chest, shoulders, biceps, triceps)

Regular Physical Activity – 30 minutes daily

shop, clean, yard work, office activity, walk pet

Physical Inactivity is a primary cause of heart disease, diabetes, stroke, obesity, joint aches, poor aging and death.

