GET F.I.T.T.
Recommended Physical Activity

**Frequency • Intensity • Time • Type**

**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

**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

**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.