

## How to Get **FITT!**

All three types of exercise—**cardiovascular training**, **strength training**, and **stretching**—are important for physical fitness. Start where you are most comfortable. For example, try walking, which is cardiovascular training. Then use the acronym **FITT** for an easy way to remember how to continually adjust your exercise to improve your fitness. By slightly altering the frequency, intensity, time, and type of exercise you do, as you are able, **you will be on your way to getting fit!**

**F**requency—how often you are physically active in a week

**I**ntensity—how hard you are working each time you are physically active

**T**ime—the duration or how long your physical activity lasts

**T**ype—the kind of physical activity you are doing

	<u>Cardiovascular or Aerobic Training</u>	<u>Strength Training</u>	<u>Stretching or Flexibility Training</u>
<b>F--Frequency</b>	Aim for 5 times per week.	Aim for two times per week, with at least one day of rest between strength training sessions. (Strength training can be done on cardio days.)	Aim for 5 times per week, or whenever you do cardio. It's best to stretch right <i>after</i> your cardio cool down period, when muscles are warm with increased blood flow. Do not exercise before warm up.
<b>I--Intensity</b>	Warm up for 5 minutes. Then moderate-intensity activity breaks a sweat and accelerates your heart rate, but you can still pass the <a href="#">talk test</a> . Cool down for 5 minutes.	Start with lower weights, working up to the heaviest weight you can lift for the entire set (see below); aim for muscle exhaustion, which occurs when it is not possible to do even one more repetition with good form because the muscle is too tired.	Perform each stretch with slow, steady movement without bouncing or locking your joints, which can cause injury. Stretch just to the point of mild discomfort, stopping before the stretch becomes painful.
<b>T--Time</b>	At least 10 minutes at a time, with a goal of at least 30 minutes per day (more is even better, if tolerated)	Perform each strength training exercise for 8 to 15 repetitions, which equals one set. Do 1 to 2 sets for each muscle group (biceps, triceps, chest, back, quads, hamstrings, etc.).	Stretch for 10 to 15 minutes at a time. Hold each stretch for about 15 seconds. Repeat as necessary, according to what feels good.
<b>T--Type</b>	Any activity that raises your heart rate for at least 10 minutes, such as walking, bicycling, jogging, swimming, vacuuming, scrubbing, shoveling, etc.	Lifting free weights, weight machines, sit-ups, push-ups, pull-ups, leg squats, leg lunges, etc.	Yoga, Pilates, or other stretches, including knee-to-chest stretch, calf stretch, triceps stretch, etc.

