

FITT FORMULA



		FITT FORMULA	RECOMMENDATIONS
F	FREQUENCY	How often you exercise	3 - 5 times/week
I	INTENSITY	How hard you exercise	Breaking into a sweat and still being able to talk
T	TIME	How long you exercise	New Exercisers or those whose goal is improving health not necessarily weight management: 30 accumulated minutes* Established Exercisers or those whose goal is improving health, fitness and weight management: 5-10 minute warm-up, stretch, 20-40 continuous aerobic minutes, 5-10 minute cool-down, stretch
T	TYPE	The kind of exercise	Aerobic-Using large muscle groups

FREQUENCY

For exercise to become a part of your regular daily routine, evaluate your schedule for the best time of day to exercise. It makes no difference what time of day you exercise, the benefits are the same. It is necessary for it to become a routine that fits your schedule well. It may be necessary to move other daily activities around in order to fit the exercise into your schedule or to exercise at different times of the day on different days of the week. Statistics show morning exercisers are more likely to stick with their routine and make it a part of their lifestyle. This may be due to the fact that there are fewer outside conflicts in the morning.

INTENSITY

If you have not had an exercise stress test, you can still determine your intensity by a method called the "Rate of Perceived Exertion" (RPE). This method uses your feeling of how hard you are working. Aim for a RPE of between 11 - 13 (fairly light - somewhat hard). Take the talk test: *"If you can't talk without gasping for your breath, you are exercising too hard"*.

RATE OF PERCEIVED EXERTION CHART (BORG SCALE)	
6	
7	Extremely light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	

TIME

It is important to take it slow and easy for the first several exercise sessions if you are just beginning. Your exercise session at first may only last 10 -15 minutes. Then, if you feel comfortable, the time can be gradually increased (by 5% each week). Your body will tell you if you are doing too much too quickly. Listen to your body!

*The Surgeon General's Report on Physical Activity and Health (1996) states "Every American adult should accumulate 30 minutes of moderate intensity physical activity on most, preferably all, days of the week."