

# MOVE IT! “MONDAY”

## Exercise Your Potential!



### Use F.I.T.T. to start a personalized fitness plan today!

The easiest way to customize how much exercise you need and what’s right for you is to apply a simple formula known as F.I.T.T. : Frequency, Intensity, Type, and Time. I am sharing the principles of F.I.T.T. for you to create the right exercise routine to meet your fitness goals.

- **Frequency**, or how often you exercise.
- **Intensity**, or how hard you work.
- **Type**, or what exercise you do.
- **Time**, or how long you exercise for.



FREQUENCY



INTENSITY



TIME



TYPE

- **Frequency:** Plan to work out two to five times a week.
- **Intensity:** Before you begin realizing your fitness goals, ask your doctor what your prescribed target heart rate should be. Plan to wear and use your heart rate monitor.
- **Type:** For any type of cardio exercise, make sure you’re gradually increasing your heart rate in one session of exercise. This includes walking, running, and biking.
- **Time:** Don’t overdo it! Guidelines recommend 30 minutes for moderate exercise.
- One additional element of a complete fitness plan is **Progression**. It’s ideal to gradually increase over time at least one component of your routine for each session, such as the intensity or duration.