

The FITT Formula

	Aerobic	Aerobic	Aerobic	Aerobic	Aerobic
F	3-5 times / week	Daily Warm up Cool down	Daily for some muscle groups 3-4 time / week	3 times / week different muscle groups	Daily exercising Follow Canada's Food Guide
I	60-90% of max heart rate	Hold 15-30 seconds Total body 1-3 reps	15" reps 50% max weight 1-3 sets 8-12 exercises	70-90% of 1-rep max 1-4 sets 6-12 reps 8-12 exercise	Light to moderate
T	15-60 minutes of continuous activity Progressive	10-20 minutes	30-60 minutes Progressive	15-60 minutes Progressive	30-60 minutes Progressive
T	Large muscle groups Continual rhythmic Running, cycling, swimming Games	Static stretch Controlled dynamic stretch	Resistance training Body weight Circuit training	Resistance training	Aerobic activity Walking, running, cycling, swimming