

THE **FITT** FORMULA: PHYSICAL FITNESS

	Aerobic	Flexibility	Muscular Endurance	Muscular Strength	Body Composition
F	<ul style="list-style-type: none"> • 3-5 times / week 	<ul style="list-style-type: none"> • Daily • Warm-up • Cool down 	<ul style="list-style-type: none"> • Daily for some muscle groups • 3-4 times / week 	<ul style="list-style-type: none"> • 3 times / week • Different muscle groups 	<ul style="list-style-type: none"> • Daily exercising • Follow Canada's Food Guide
I	<ul style="list-style-type: none"> • 60-90% of max. heart rate 	<ul style="list-style-type: none"> • Hold 15-30 seconds • Total body • 1-3 reps 	<ul style="list-style-type: none"> • 15⁺ reps • .50% max. weight • Body weight • 1-3 sets • 8-12 exercises 	<ul style="list-style-type: none"> • 70-90% of 1-rep max. • 1-4 sets • 8-12 reps • 8-12 exercises 	<ul style="list-style-type: none"> • Light to moderate
T	<ul style="list-style-type: none"> • 15-60 minutes of continuous activity • Progressive 	<ul style="list-style-type: none"> • 10-20 minutes 	<ul style="list-style-type: none"> • 30-60 minutes • Progressive 	<ul style="list-style-type: none"> • 15-60 minutes • Progressive 	<ul style="list-style-type: none"> • 30-60 minutes • Progressive
T	<ul style="list-style-type: none"> • Large muscle groups • Continual rhythmic • Running, cycling, swimming • Games 	<ul style="list-style-type: none"> • static stretch • controlled dynamic stretch 	<ul style="list-style-type: none"> • resistance training • body weight • circuit training 	<ul style="list-style-type: none"> • resistance training 	<ul style="list-style-type: none"> • aerobic activity • walking, running, cycling, swimming