

## THE **FITT** FORMULA: PHYSICAL FITNESS

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