

FITT Principles

EXERCISE AND

YOU



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FREQUENCY:

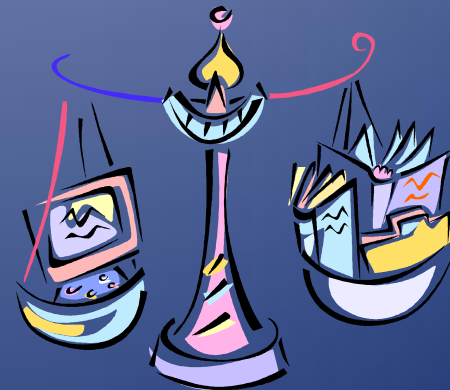
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- Fine balance between providing just enough stress for the body to adapt to **and** allowing enough time for healing and adaptation to occur...
- ***Cardiorespiratory Training***- aerobic conditioning: ideally five or six sessions per week.
- ***Resistance Training***- a program that works **every** body part **every** session should be completed 3-4 days a week with a day's rest between sessions.

INTENSITY:

- It defines the amount of effort that should be invested in a training program or any one session. - there must be a balance between finding enough intensity to overload the body (so it can adapt)



INTENSITY:

- Heart rate can be used to measure the intensity of cardiorespiratory training.



INTENSITY:

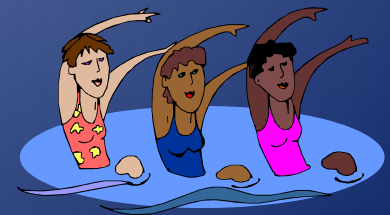
- **Cardio Respiratory Training:** aerobic endurance training
target heart rate zone THR
- $THR = 220 - (0.85 \times \text{Age})$
- MHR multiply by 80% = THR example 160 beat per minute.
- **Resistance Training:** workload is the primary measure of intensity:
 1. The amount of weight lifted during an exercise
 2. The number of repetitions completed for a particular exercise
 3. The length of time to complete all exercises in a set or total training session
- Only increase the intensity using **one** of the above parameters!

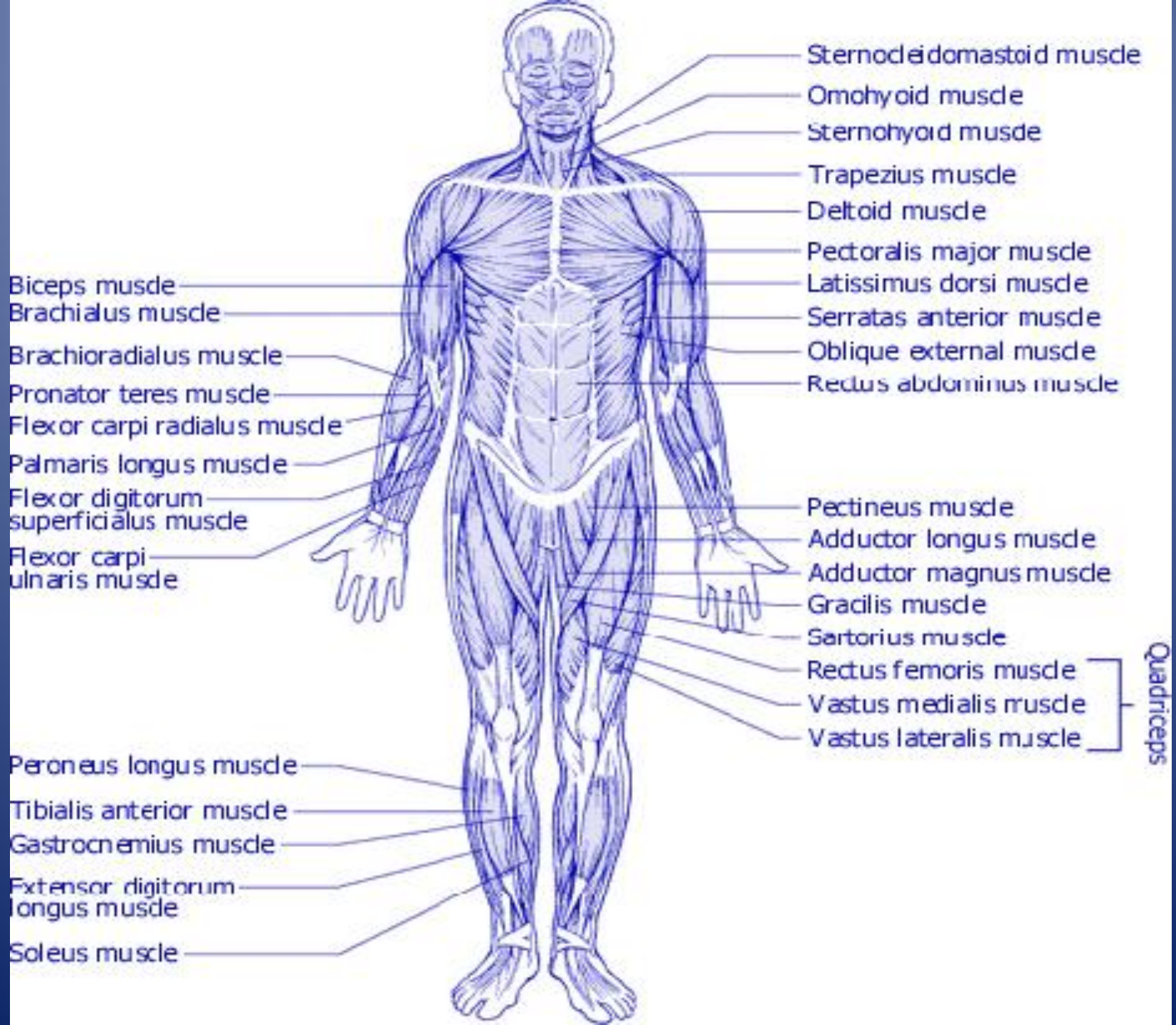




TYPE:

- Continuous in nature and make use of large muscle groups. Examples include running, walking, swimming, dancing, cycling, aerobics classes, circuit training, cycling etc.
- *Resistance Training:*
- Mean lifting weights. Resistance bands could be used as an alternative or perhaps a circuit training session that only incorporates bodyweight exercises.





TIME:

How long you should be exercising for??



- ***Cardio Respiratory Training:***
- Target heart rate zone for a minimum of 20-30 minutes. This can increase to as much as 45-60 minutes as fitness levels increase.
- ***Resistance Training:***
- is no longer than 45-60 minutes. Intensity has a say and particularly grueling strength sessions may last as little as 20 - 30 minutes.

REST

- Rest is probably the most important principal of the FITT philosophy. Exercising too frequently and too intensely hinders the body's ability to recover and adapt. As a rule of thumb, the harder you train, the more recovery you should allow for.



BE THE BEST YOU CAN BE!!

