

## APPLYING THE FITT PRINCIPLE TO THE COMPONENTS OF FITNESS

The following are state recommendations for the application of the FITT principle to the Health Related Components of Fitness.

**Cardiorespiratory Endurance** - the ability of the heart, lungs and vascular system to work effectively under stress for an extended period of time.

Frequency: 3-5 days per week

Intensity: Target Heart Rate Zone (60%-85% of Target Heart Rate Max)

Time: 20-60 minutes

Type: (Aerobic Activities) Run, Bike, Swim, Hike, Continuous Sports

**Muscular Endurance** - the ability of a muscle or group of muscles to work effectively under stress.

Frequency: 2-4 days per week

Intensity: 3-5 sets of 8-15 repetitions (lighter weight with more reps.) (increase/decrease resistance if necessary)

Time: 30-60 minutes

Type: Weight/Resistance Training, Resistance Band (also Aerobic Sports will enhance endurance)

**Muscular Strength** - the ability of the a muscle or group of muscles to exert force against a maximal resistance.

Frequency: 2-4 days per week

Intensity: 2-4 sets of 3-8 repetitions (heavier weight with few reps.) (Use 60%-75% of 1 rep. maximum. Select a weight that you can lift at least 2 times but no more than 10 repetitions.)

Time: 30-60 minutes

Type: Anaerobic activities: Weight Training, Plyometrics, Sprints

**Flexibility** - the ability of a joint and the muscles and tendons surrounding it to move freely and comfortably through an intended range of motion

Frequency: Daily

Intensity: Stretch muscles to a slight discomfort and hold beyond their normal length

Time: Hold each stretch for 10-15 seconds, with the stretching workout lasting 15-30 minutes.

Type: Stretch (dynamic/static), Yoga, Pilates

**Body Composition** - the ratio of lean body mass to body fat, expressed as body fat percentage

Frequency: Daily

Intensity: Low

Time: 60 minutes

Type: Be active 60 minutes a day, performing household chores, walking, playing, etc.

