



THE FITT PRINCIPLE

You can use the FITT principle as a guide to develop your physical activity plan. FITT takes into account several aspects of physical activity that you need to consider when developing your physical activity routine.

The American Diabetes Association recommends at least 150 minutes of physical activity weekly with 2-3 days of resistance exercises.

The goal for most people is 30 or more minutes of aerobic activity at least 5 days a week.

(If your physician has recommended that you lose weight, you may need to exercise more than 30 minutes.) You can always split up your activity for the day. For example, take three 10-minute walks instead of 30 minutes all at once.

- Frequency: How often you participate in physical activity
- Intensity: A measurement of how hard you are working during physical activity.

There are three levels of intensity: light, moderate, vigorous.

- Timing: How long physical activity is performed.
- Type:

Cardiovascular: These activities get your heart rate up. Examples include walking, jogging, biking, swimming, elliptical and treadmill.

Resistance: These activities help build muscle. Examples include light weights, resistance bands and weight machines.

Flexibility: These exercises improve flexibility and balance. Examples include yoga, tai chi and stretching.