

What is the F.I.T.T.Principle?

F	Frequency	=	How often you exercise
I	Intensity	=	How hard you exercise
T	Time	=	How long you exercise
T	Type	=	What kind of exercise

Definition:

The F.I.T.T. Principle is one of the foundations of exercise, a set of guidelines that help you set up a workout routine for maximum benefit. F.I.T.T. stands for:

Frequency: How often you exercise

- **For Cardiovascular Exercise:** Exercise Guidelines suggest moderate exercise five days a week or intense cardio three days a week to improve your health. For weight loss, you may need to do up to six or more days a week.
- **For Strength Training:** The recommended frequency here is 2-3 non-consecutive days a week (at least 1-2 days between sessions).

Intensity: How hard you work during exercise

- **For Cardiovascular Exercise:** The general rule is to work in your target heart rate zone (60-85% or 120-180) and focus on a variety of intensities to stimulate different energy systems.

- **For Strength Training:** The exercises you do (at least 8-10 exercises), the amount of weight you lift and your reps and sets determine the intensity of your strength workouts. In general, you want to lift enough weight that you can only complete the desired number of reps (around 1-3 sets of 8-16 reps of each exercise).

Time: How long you exercise

- **For Cardiovascular Exercise:** The exercise guidelines suggest 30-60 minutes of cardio (or working your way up to that). How long you exercise will not just be dependent on your fitness level, but also your intensity. The harder you work, the shorter your workouts will be.
- **For Strength Training:** How long you lift weights depends on the type of workout you're doing and your schedule. For example, a total body workout could take up to an hour, whereas a split routine could take less time.

Type: The type of activity you are doing

- **For Cardiovascular Exercise:** Any activity that gets your heart rate up counts as cardio - Running, walking, cycling, dancing, swimming, sport-related activities, etc.
- **For Strength Training:** This pretty much includes any exercise where you're using some type of resistance (bands, dumbbells, machines, etc.) to work your muscles. Bodyweight exercises can also be considered a form of strength training, as well, although building strength will likely require more resistance.