

# F.I.T. FACTS

For a complete overall fitness regime, follow the F.I.T. principles

## **F**requency

Cardiovascular/aerobic: 4–5 times per week

Strengthening (Resistance Training): 2–3 times per week

Start slowly and build endurance

## **I**ntensity

Work “In the Zone”: 60–80% of your maximum heart rate.

To determine your target heart rate, subtract your age from 220 and calculate 60–80% of that.

Example:

50 years old

$220 - 50 = 170$

$170 \times .60 = 102$

$170 \times .80 = 136$

Target heart Rate: 102– 136 beats per minute

## **T**ime

Cardiovascular/aerobic: 30– 60 minutes of continuous movement

Strengthening: 20 –60 minutes

Important note: it is highly recommended that you include an easy warm up of 5–10 minutes easing your way up to your target heart rate. Also, a 5–10 minute cool-down followed by stretching will result in faster recovery and less muscle fatigue.