

Name: _____

Applying the FIT Principle

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Part of Fitness	Frequency (How Often)	Intensity (How Hard)	Time (How Long)
Body Fatness	Minimum: [three days]	Exercise enough to maintain healthy amount of body fat	Minimum: [fifteen to thirty minutes]
	Goal: [daily]	Exercise enough to stay lean	Goal: [more than thirty minutes]
Cardiovascular Fitness	Minimum: [three days]	Make the heart beat faster than normal—for people your age, about 135–165 beats per minute	Minimum: [fifteen minutes]
	Goal: [five to six days]		Goal: [thirty minutes or more]
Flexibility	Minimum: three days Goal: [daily]	[Stretch muscles longer than usual, but do so slowly]	Minimum: stretch and hold an exercise for ten to fifteen seconds Goal: [repeat three times, resting between stretches]
Muscular Strength	Minimum: [three days]	Lift more weight than you normally lift	Minimum: [do each exercise three to eight times]
	Goal: [every other day]	Increase the amount of weight you lift each time, but build up slowly	Goal: [do three sets of three for each exercise]
Muscular Endurance	Minimum: [three days]	Continue an exercise longer than usual	Minimum: [repeat exercises using only certain body parts for one minute—repeat exercises using the whole body eight times]
	Goal: [five or six days]	Increase the number of times you repeat an exercise, but build up slowly	Goal: [several minutes for exercises using only certain body parts—up to twenty five times for exercises using the whole body]