

F.I.T.T. What is it?!

Critical Concept:

As we talk about keeping our bodies physically fit we'll use the F.I.T.T. Principle of physical activity.

<p>F.I.T.T. Stands For:</p> <ul style="list-style-type: none"> ✓ Frequency ✓ Intensity ✓ Time ✓ Type 	<p>Frequency – How often are you physically active? In a perfect week your activity frequency will be 7 days. On average you should work toward 5 to 6 days in which you get Moderate to Vigorous Physical Activity.</p> <p>Intensity – How much energy are you using during activity? Are you working hard during a vigorous training session? Or, are you walking moderately – just to get the body moving? How hard you work during activity equals intensity.</p> <p>Time – How long are you active? The goal here is to get a total of 60 minutes each day. You can add activity sessions together during your day. So, if you walk to school for 10 minutes, participate in physical education for 20 minutes and do 30 minutes of circuit training – that equals 60 minutes for the day!</p> <p>Type – Cardio, strength, flexibility training or a combination? It's important to get a mixture of all three. Your Cardio Respiratory system needs regular workouts. Your muscles need to be toned and strong. You need good flexibility to move safely. Activities like yoga and circuit training can give you a great combination of each in one fun workout.</p>
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As you build long-term fitness goals it will be important to keep all parts of the F.I.T.T. Principle in mind.

It's important to remember that there are a variety of activities that we can choose from to put together our daily physical activity time. Many things about modern life try to make our lives easier and sometimes these wonderful inventions and technologies make it difficult to get enough activity.

Make up your mind every day to be active. If you miss a day for any reason, don't give up on your commitment to activity the next day!

<p>Be A Champion For Physical Activity</p>	<p>Things you can do to promote physical activity:</p> <ul style="list-style-type: none"> • Lead by example. Let others see you being active and having fun! • Encourage your friends to join you during activity time. It can make the time spent even better. • Be grateful for opportunities to be active and let people know you're grateful. Tell your principal, your parents and teachers how important you think your activity is.
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