**F.I.T.T. Principle** 

**F=Frequency**

* **How often you exercise (cardiovascular activity such as jogging, biking/cycling, swimming at least 3-5 times per week etc)**

**I=Intensity**

* **How hard you are working while exercising (moderate to vigorous effort with a target heart rate zone of 140 beats per minute or more (greater than 70% heart rate)**

**T=Time**

* **How long you exercise (the amount of time you spend exercising. Should exercise for 15 to 60 minutes at a time for a total of 60 minutes daily if possible.)**

**T=Type**

* **What kind of exercise you do (Cardiovascular/Cardiorespiratory endurance exercises (Aerobic exercise) such as jogging, cycling, swimming, etc.)**

**Example: Jordan jogs or swims (type of exercise), for 30 minutes (time/how long she exercises) 3 to 5 days a week (frequency of exercise), at a heart rate zone of 140 beats or more per minute (intensity of exercise).**