

**Module 4: Personal Fitness Plan**  
**Topic 1 Content: F.I.T.T. Formula Notes**

**Introduction**



The F.I.T.T Formula  
Click **NEXT** to begin.

# Module 4: Personal Fitness Plan

## Topic 1 Content: F.I.T.T. Formula Notes

### Instructions

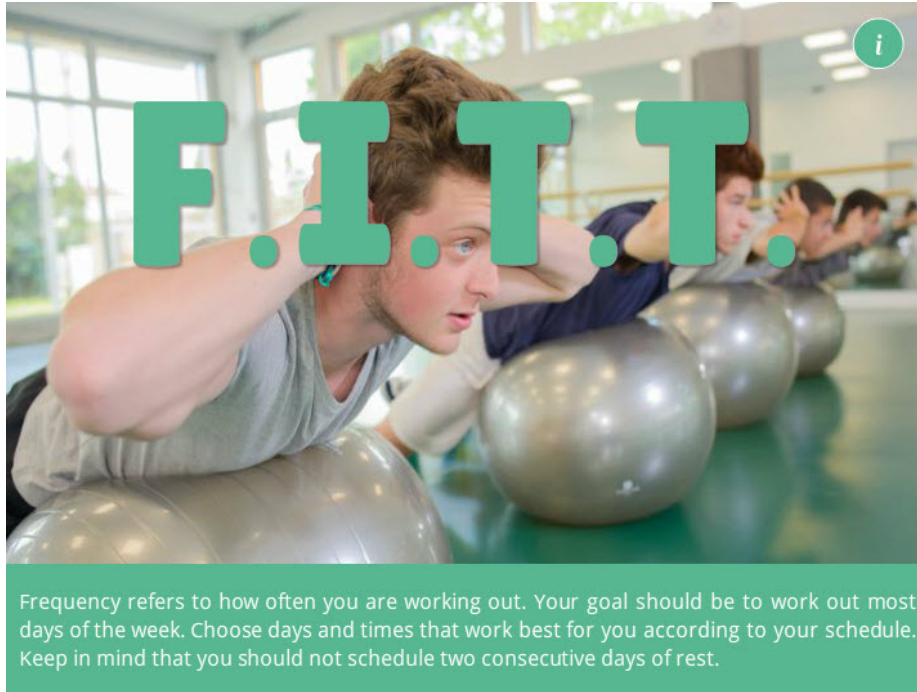


The F.I.T.T. formula is a set of rules designed to help you get the most health benefits out of your workout. F.I.T.T. stands for frequency, intensity, time, and type. Click each letter in the F.I.T.T. formula to explore ways to get the most out of your fitness routine.

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#### Frequency



Frequency refers to how often you are working out. Your goal should be to work out most days of the week. Choose days and times that work best for you according to your schedule. Keep in mind that you should not schedule two consecutive days of rest.

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#### Intensity



Intensity refers to how much effort you put forth, or how hard you work in a single session. You want to overload the body, but not to the point of injury. Exercise within your target heart range. There may be days that you exercise and do not feel that you are working very hard. During these days, focus on aerobic exercises.

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#### Time



Time refers to how much time you exercise in a single session. It is recommended that teenagers get at least sixty minutes of moderate to vigorous physical activity most days of the week. You may decide to exercise for thirty minutes in the morning and thirty minutes in the evening. Remember, these sixty minutes include the warm-up, workout, and cool down.



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#### Type



Type refers to the type of exercise or exercises you perform as part of your fitness program. In order to reach your fitness goals, it is important to choose activities that you enjoy doing. Cardiovascular-training exercises, muscular-strength-and-endurance exercises, flexibility exercises, and even sports, can all be included in your workout.