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What does F. I. T. T. mean?

The F.I.T.T. Principle

For those who have been consistently doing physical activity, sometimes you hit a plateau on your fitness journey. This can be very frustrating, but knowing how to use the F.I.T.T. Principle can help jump start your routine.

F—stands for Frequency. This means how often you work out. The recommended amount of physical activity is 150 minutes a week of moderate-intensity activity. This might look like working out for 5 days a week, for 30 minutes.

I—stands for Intensity. This means how hard you work out. So how hard does the body work to walk a mile in 20 minutes versus walking a mile in 30 minutes. One way to gauge the intensity is by the “talk not sing” test. You should still be able to talk while working out but not sing. If you can sing, maybe you need to increase the intensity.
The F.I.T.T. Principle

**T—stands for Time.** This means how long you workout. Time will vary for everyone, and will also depend on the intensity of your workout. For most folks, it would be easier to walk for 30 minutes than to run for 30 minutes. Any amount of physical activity, whether for 10 minutes or 30 minutes, is better than no activity. Short workouts can be just as valuable as long workouts.

**T—stands for Type.** This means what you are doing for your workout. Are you walking, running, hiking, swimming, yoga, chair exercise, playing basketball, or tennis? As you can tell, there are many options for you. But the most important factor in choosing physical activity is to do something you enjoy!
What’s Next?

**Cooking Classes**

Cooking Matters Cooking Classes will be held at Dunnville Christian Church Community Center 10am-12noon EST. Call 606-787-6911 Ext 7270 for more information and to register. *If attended Cooking Class last year you are not eligible to attend*

**What:** CPR/First Aid Training

**When:** Tuesday, July 9, 2019 8am to 12pm EST

**Where:** Dunnville Christian Church

Space is limited to 8 participants

Call 606-787-6911 Ext 7270 for more info and to register