Community Garden—New Location
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: CPR/First Aid Training
When: Friday, June 7, 2019 11:30 am to 3:30pm CST
Where: Centerpoint Church
Space is limited to 8 participants
Call 270-864-2206 Ext 4462 to register

Diabetes Self-Management Education/Support Classes
This is a 4 week series on how to manage Diabetes.
Classes will be on Thursdays in June, beginning on June 6th, from 10am-12:30pm CST.
Classes are free!
Call 270-864-2206 Ext 1166 for more info and to reserve your seat.

*Ongoing and New Activities*
- Walking Program at Cumberland Co Extension Office Monday, Tuesday, Wednesday, and Friday at 8am CST—see Connie Duvall.
- Gentle Yoga is at Cumberland Co Extension Office on Thursdays at 8am CST—see Connie Duvall
- NEW! Beginning Monday, May 13th, there will be walking at Centerpoint Church on Monday’s and Thursday’s at 5:30pm CST—see Connie Duvall