

THE FITT PRINCIPLE

F

Frequency means how often you perform health-enhancing physical activity each week. Teens should be active every day. The minimum frequency for teens is 5 days per week.

I

Intensity means how hard to you exercise when you're physically active. The range of intensity goes from Moderate to Vigorous. Heart rate monitors measure exercise intensity. A person should work toward sweat-inducing physical activity 3 to 5 times per week.

T

Time refers to the length of a given bout of physical activity. Activity time can be accumulated throughout the day. However, teens should be physically active for 60 minutes per day, at least 5 times per week.

T

Type refers to the specific activities that a person chooses to enhance health-related fitness components. It's important that individuals choose activity types that improve or maintain muscular fitness, cardiorespiratory endurance, flexibility, and body composition. Activities can also be selected for personal enjoyment, expression, as well as stress management.