**FITT Principle:** FITT is an acronym used to describe the *frequency, intensity, time* and *type* of activity you need to participate in for that activity to produce benefits.

**F:** Frequency**: HOW OFTEN** you do the activity.

**I:** Intensity: **HOW HARD** you perform the activity.

**T:** Time: **HOW LONG** you do the activity.

**T:**  Type: **WHAT KIND** of activity you are performing.

**Aerobic & Anaerobic:**

*Aerobic*: Activities that are intended to improve cardiovascular system by using and transporting oxygen.

 **(Exercise that REQUIRES oxygen to perform)**

* Examples: ​ Running​, Swimming​, Biking​, Rollerblading​

*Anaerobic*: Activities that are not intended to improve cardiovascular system by using and transporting oxygen.

 **(Exercise that DOES NOT REQUIRE oxygen to perform)**

* Examples: Weight Lifting, Push Ups, Sit Ups

**Heart Rate:** Heart Rate is the number of times your heart beats in one minute

**Pulse:** You can take your pulse at your **Radial** and **Carotid** **Artery**.

**Maximum Heart Rate:** is calculated by using the following formula: **220 – YOUR AGE = (Max. Heart Rate)**

**Target Heart Rate:**

* Where you want your Heart Rate to be to experience the benefits of exercise.
* Important to train in your Target Heart Rate Zone for **safety and progress**
* If you’re not in your Target Heart Rate Zone you’re not pushing hard enough.

**Benefits of Exercises:**

Boosts mood - Strengthens Heart

* Reduces Health Risks - Lowers Cholesterol