

# Healthy and Wise

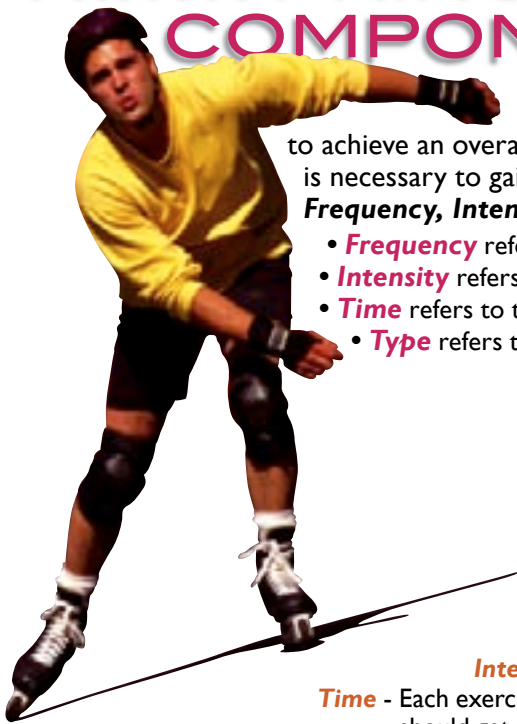


Middle School Unit 1

Caprock Press

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## the F.I.T.T. PRINCIPLE and the COMPONENTS OF FITNESS



It is essential that a person include many aspects of conditioning to achieve an overall fitness level. The F.I.T.T. Principle is a basic philosophy of what is necessary to gain a training effect from an exercise program. **F.I.T.T.** stands for **Frequency, Intensity, Time, and Type**.

- **Frequency** refers to the frequency of exercise undertaken or how often you exercise.
- **Intensity** refers to the intensity of exercise undertaken or how hard you exercise.
- **Time** refers to the time you spend exercising or how long you exercise for.
- **Type** refers to the type of exercise undertaken or what kind of exercise you do.

F.I.T.T. PRINCIPLE



### RECOMMENDATIONS

**Frequency** - Exercise 5 to 6 times per week.

**Intensity** - Activity intensity should be moderate to high.

**Time** - Each exercise session should be from 15 to 40 minutes. Children and adolescents should get at least 60 minutes of physical activity each day.

**Type** - Include a variety of cardiorespiratory endurance exercises, muscular strength and endurance exercises, and flexibility exercises in an overall fitness program.

There are five components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

**CARDIORESPIRATORY ENDURANCE** - Strive for at least four to five 20-30 minute bouts of continuous aerobic exercise each week. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, jumping rope, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

**MUSCULAR STRENGTH and ENDURANCE** - Get a minimum of two 20-30 minute sessions per week that include exercises for all major muscle groups. Strength training exercises include body weight exercises, exercises using rubber tubing or resistance bands, weight machines, and free weights.

**FLEXIBILITY** - Complete 10-12 minutes of daily stretching exercises performed slowly without a bouncing motion. This can be included after a warm-up or during a cool down.

**BODY COMPOSITION** - Try to maintain the right proportion of fat to lean muscle mass. However, body composition is not your weight or figure.

## Activities

1. In groups, develop a workout or exercise plan for a week that includes the components of fitness and utilizes the F. I. T. T. Principle. Share your plan with your classmates.
2. A good friend of yours typically jogs every other day for 30 minutes, but doesn't do any other form of exercise. Based on what you learned in the article, what recommendations would you give to your friend?
3. Create a poster that highlights or illustrates the components of fitness or the F. I. T. T. Principle.



4. You learned in the article that body composition is the right proportion of fat to lean muscle mass, not your weight or figure. In groups, do further research, if necessary, to more fully explain this component of fitness particularly in relation to exercise and diet. Share your information with your classmates.

## Home Connection

At home, discuss the components of fitness and the F. I. T. T. Principle. Make some general suggestions on how each family member could improve their overall fitness level by incorporating more components of fitness or utilizing the F. I. T. T. Principle. Place this assignment in your health portfolio.

## Discussion Questions

**What kinds of exercises do you do on a regular basis?**

**How much exercise or physical activity do you think you get each day?**