

How to get & stay FITT:

- F** **Frequency:** The number of times you are active during the week. Remember to start small – it’s okay to break up your 30 minutes of daily activity into three 10 minute sessions.

- I** **Intensity:** How hard you are working. It’s a good idea to invest in a heart rate monitor, or to monitor it on your own.

- T** **Time:** How long you are active for, or how long each interval during your activity lasts. If your goal is to increase your endurance, increase the time of your cardiovascular activities, not necessarily weight lifting.

- T** **Type:** What type of activity you are doing (by far the most important component). It’s important to try different activities. It will prevent plateaus by challenge the body with a different stimulus. Enabling you to see and feel more results.