

K.2.S1.C2  
 S.2.S1.A.1a  
 K.2.S2.C.2  
 S.5.S2.A.2

## FITT Principle Guidelines



Fitness and/or Health Benefit	Variables			
	F Frequency	I Intensity	T Time	T Type
Cardiovascular endurance (aerobic)	<ul style="list-style-type: none"> <li>3 to 5 times per week</li> </ul>	<ul style="list-style-type: none"> <li>moderate to vigorous intensity (60% to 85% of maximum heart rate)</li> </ul>	<ul style="list-style-type: none"> <li>minimum of 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>running</li> <li>cycling</li> <li>cross-country skiing (continuous motion of large muscle group[s])</li> </ul>
Muscular strength	<ul style="list-style-type: none"> <li>alternate days 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>high resistance (sets to maximum capability)</li> </ul>	<ul style="list-style-type: none"> <li>1 to 3 sets of 8 to 12 repetitions</li> </ul>	<ul style="list-style-type: none"> <li>free weights</li> <li>universal gym</li> <li>tubing</li> <li>body weight</li> </ul>
Muscular endurance	<ul style="list-style-type: none"> <li>alternate days 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>low to moderate resistance</li> </ul>	<ul style="list-style-type: none"> <li>3 sets of 10 to 20 repetitions</li> </ul>	<ul style="list-style-type: none"> <li>free weights</li> <li>universal gym</li> <li>tubing</li> <li>body weight</li> </ul>
Flexibility	<ul style="list-style-type: none"> <li>daily</li> </ul>	<ul style="list-style-type: none"> <li>slow and controlled movement</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>static</li> </ul>
Body composition	<ul style="list-style-type: none"> <li>5 to 7 times per week</li> </ul>	<ul style="list-style-type: none"> <li>combination of intensities</li> </ul>	<ul style="list-style-type: none"> <li>dependent on intensity</li> </ul>	<ul style="list-style-type: none"> <li>aerobic</li> <li>anaerobic</li> <li>resistance</li> </ul>
Anaerobic	<ul style="list-style-type: none"> <li>alternate days 2 or 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>90% of maximum heart rate</li> </ul>	<ul style="list-style-type: none"> <li>2 to 3 minutes per "bout"</li> </ul>	<ul style="list-style-type: none"> <li>sprinting</li> <li>jumping</li> </ul>
Active daily living/health	<ul style="list-style-type: none"> <li>daily</li> </ul>	<ul style="list-style-type: none"> <li>low to moderate intensity</li> </ul>	<ul style="list-style-type: none"> <li>30 to 60 minutes</li> </ul>	<ul style="list-style-type: none"> <li>gardening</li> <li>walking</li> <li>bowling</li> </ul>

**References:** Manitoba Fitness Council. *Active Healthy People: Fitness Theory Manual*. Winnipeg, MB: Manitoba Fitness Council, n.d.  
 - - -. *Resistance Training Manual*. Winnipeg, MB: Manitoba Fitness Council, n.d.