



## Ready to Start an Exercise Routine? Think FITT.

Create an exercise plan that's right for you by thinking about the four FITT factors.

Often, the hardest part of exercise is knowing how to get started. Begin by thinking about the principles of FITT: frequency, intensity, time and type. (And, of course, you should always talk with your doctor before beginning a new exercise program.)



## Frequency

How often you exercise can significantly affect your fitness, health and weight loss.

Low-intensity exercise performed most days of the week can lead to improved health and moderate weight loss. More-intense exercise performed three to five times per week may result in even more weight loss.

## Intensity

How hard you work out can determine your fitness level and can affect the amount of weight you lose. To figure out the right intensity level, use any of these methods:

**TALK TEST:** Push your exercise hard enough that you're slightly winded but can still talk easily.

**SCALE OF 1 TO 10:** Assign numbers to your intensity level. Give a 1 to an activity you could sustain for hours. A 10 would apply to an exercise that results in major suffering. Most workouts should fall between 5 and 8.

**HEART RATE:** Weight loss occurs when your exercise intensity falls between moderate and high. This matches to the following heart rates:

**Moderate intensity:** 50 percent of your maximum heart rate [220 minus your age]

**High intensity:** 85 percent of your maximum heart rate.

Measure your heart rate by feeling your pulse in your neck (below your ear) or on the thumb side of your wrist. Count the beats for 10 seconds, then multiply by 6. This determines your heart rate in beats per minute.

## Time

The Physical Activity Guidelines for Americans recommend that adults aim for a minimum of 150 minutes of moderate aerobic exercise or 75 minutes of vigorous-intensity exercise a week. Brisk walking, dancing, swimming and cycling all count as moderate exercise. This amounts to 30 minutes of activity, five days a week—and you don't need to fit all the daily exercise into a single session. Three 10-minute workouts—climbing the stairs at work or walking around the mall—add up to a daily workout. However, if you set more ambitious fitness goals, you may want to schedule in longer workouts.

## Type

Choose an exercise based on what you want to gain from your efforts. For example, if you seek to improve your heart health, try low-intensity walking. If weight loss is your goal, select an exercise that uses your large muscle groups, such as walking, jogging, swimming or bicycling. Choose exercise equipment based on your personal preferences. The equipment you select will not affect the calories you burn as much as the time and intensity you devote to your workout.