

## F.I.T.T. Principle

A guide used to develop a personal exercise plan

---

**Frequency:** number of exercise or activity sessions per week  
e.g. three sessions (Tuesday, Thursday and Sunday)

**Intensity:** level of exertion  
e.g. light, moderate or intense

**Time:** length of each session  
e.g. 45 minutes per session

**Type:** type of exercise or activity  
e.g. aerobic, balance & flexibility, muscular strength, muscular endurance

## Measuring Intensity

To ensure that you are getting optimal benefits out of your exercise, you must make sure that you are working at an appropriate intensity. The following measures will allow you to measure your intensity:

### The Talk Test

- During **light intensity**, you should be able to sing a song.
- During **moderate intensity**, you should be able to carry on a conversation.
- During **vigorous intensity**, you should be winded and have trouble speaking.

An appropriate intensity is somewhere **between the moderate and vigorous levels** of intensity. You should not be able to carry on a long-winded conversation, but you should be able to communicate with a training partner.

### Heart Rate Monitoring

Your heart rate (HR) is an excellent way to evaluate whether or not you are working at an appropriate intensity. Generally speaking, a healthy individual should work out within 60% to 85% of their predicted maximum HR ( $HR_{max}$ ).

#### **Calculating your HR range:**

$$HR_{max} = 220 - \text{your age}$$

e.g. If you are 40 years old, your predicted maximum HR would be  $220 - 40 = 180$  beats per minute.

$$60\% \text{ of } HR_{max} = HR_{max} \times 0.6$$

$$85\% \text{ of } HR_{max} = HR_{max} \times 0.85$$

e.g. A 40 year old who has an  $HR_{max}$  of 180 should have an HR range of 108 to 153 beats per minute ( $180 \times 0.6 = 108$  and  $180 \times 0.85 = 153$ ) while exercising.

## How do I take my heart rate in the first place?

- Your heart rate is measured by taking your pulse. There are two easy sites to take your pulse while you are working out:
  - a) The **carotid artery** is situated on either side of your windpipe (throat, beside Adam's Apple or approximately half way). Do not press too hard on the carotid artery site as this may reduce blood flow and lead to a loss of consciousness.
  - b) The **radial artery** is situated on the wrist at the base of your thumb.

Simply take two fingers (index and major/middle finger), place them on the selected body site (carotid or radial artery) and concentrate on feeling a pulse. Once you have your pulse, count the number of beats that you feel for 15 seconds (use a stopwatch, timer or clock). Multiply that number by 4 and you will have the number of beats per minute. Check to make sure that you are within your appropriate range. Reduce the intensity if you are too high or increase it if you are not working hard enough.



## Choosing the right activity for you!

*I like to...*

- |   |  |
|---|--|
| <input type="checkbox"/> be in a group                  | <input type="checkbox"/> be independent or alone     |
| <input type="checkbox"/> meet new people                | <input type="checkbox"/> learn something new         |
| <input type="checkbox"/> be outside                     | <input type="checkbox"/> be inside                   |
| <input type="checkbox"/> do a structured activity       | <input type="checkbox"/> do an unstructured activity |
| <input type="checkbox"/> do things at the last minute   | <input type="checkbox"/> have fun and enjoy myself   |
| <input type="checkbox"/> release frustration            | <input type="checkbox"/> take risks                  |
| <input type="checkbox"/> improve my health              | <input type="checkbox"/> use my imagination          |
| <input type="checkbox"/> find a challenging activity    | <input type="checkbox"/> feel safe and secure        |
| <input type="checkbox"/> improve myself in my skills    | <input type="checkbox"/> relax                       |
| <input type="checkbox"/> spend time with family/friends | <input type="checkbox"/> be praised                  |

**List the three most important activity needs from the list above. Select corresponding activities (see reverse for a list of activities).**

Activity Need	Corresponding Activity
1.	
2.	
3.	

## Activities

- aerobics/group exercises/cardio machines
- martial arts
- ringette/hockey
- cross country skiing
- broomball
- walking
- golf (without cart)
- in-line skating
- canoeing/kayaking/rowing
- tennis
- tai-chi
- soccer
- ball-hockey
- flag football
- snow shovelling
- volleyball
- badminton
- softball/baseball
- basketball
- downhill skiing/  
snowboarding
- hiking/mountain climbing
- jogging/running
- dancing
- resistance training
- cycling
- swimming
- yoga
- ultimate frisbee
- horseback riding
- snowshoeing
- ice skating
- curling

## Goal Setting

**Goals should use the SMART model:**

**Specific**

e.g. I would like to walk.

**Measurable**

e.g. I would like to walk three times per week.

**Attainable**

e.g. I currently walk twice per week for 20 minutes. I would like to walk three times per week, for 25 minutes.

**Realistic**

e.g. Taking into account my lifestyle factors such as my current personal fitness, my availability, environmental factors...is my goal realistic?

**Time-frame**

e.g. I would like to achieve this goal within the next six weeks.

**My SMART goal:**

**S:** \_\_\_\_\_

**M:** \_\_\_\_\_

**A:** \_\_\_\_\_

**R:** \_\_\_\_\_

**T:** \_\_\_\_\_

***Use charting tools (such as a calendar or a log book) to track your progress towards achieving your goal.***

## Action Plan

**1. Write a clear statement about why you want to be physically active.**

---

---

---

---

**2. List your concerns about becoming physically active.**

---

---

---

---

**3. Determine how you will prepare yourself for obstacles.**

---

---

---

---

**4. Acknowledge the skills, knowledge and interests you already have.**

---

---

---

---

**5. Identify your social support.**

---

---

---

---

**6. Determine how you are going to keep yourself motivated.**

---

---

---

---

**7. Set a start date.**

---

---

---

---

**8. Determine how you will track your progress.**

---

---

---

---



## Incorporating Physical Activity Into your Daily Life

Not having enough time is the number one reason people give for not incorporating exercise into their day. Yes, we only have a limited amount of time in a day and we all have various priorities. However, if you do not take care of yourself today you may not be able to perform your daily functions in the future.

- Make regular physical activity a priority in your life. Block it off on your schedule.
- Get to know yourself and choose the time that best suits your needs and schedule (i.e. before work, during your lunch hour, on your way home from work, after dinner, after putting the kids to bed, etc.).
- Gradually incorporate physical activity into your daily life. Too much too soon can become overwhelming.

### **Various activity ideas can be incorporated into your daily life:**

- Take a brisk walk during your lunch hour (pick up the pace/choose a hillier route, etc.).
- Join a fitness centre that is close to your work (find out if your employer will reimburse a portion of the membership fees).
- Host an active meeting. Brainstorm ideas while taking a walk.
- Park your car a little further/get off the bus a little earlier and walk to work.
- If possible, avoid taking the elevator. Climb a few flights of stairs instead.
- Start up a recreation sports team at your work.
- Facilitate a group active living contest at work/home. (A little competition doesn't hurt.)
- Go outside and play with the kids before or after dinner.
- Exercise while watching television (use small weights, do an abdominal workout, use stationary cardio-vascular equipment, stretch, etc.).
- Plan family outings and vacations that are physically active (biking, hiking, sports, swimming, backpacking). Visit the city by walking instead of driving, play tag, skate, etc.
- Put on your favourite upbeat music and dance around when preparing the dinner or doing housework.
- Park in a central area and walk around when doing all your errands.
- Push a lawnmower instead of riding on it (avoid labour-saving devices if possible).
- Sign up for a local friendly sports league/fitness class (pick up a copy of the municipal recreation guide).
- When golfing, walk instead of using a cart.

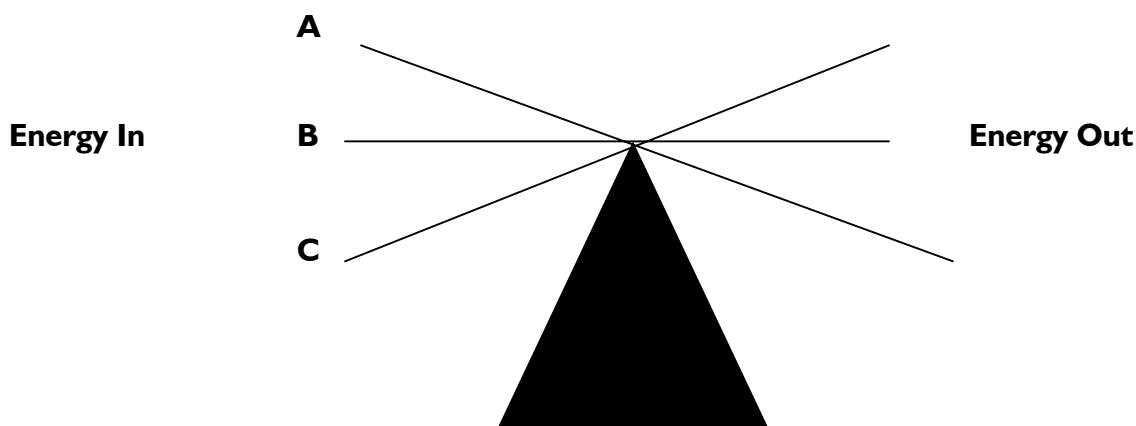
- Make a physical activity date instead of simply watching a movie.
- Walk or bike to the corner store instead of driving.
- Take the dog out for a nice long brisk walk.
- Select activities that you enjoy doing and that are realistic.
- Go for a walk around the field/rink/gym instead of sitting down to watch your child practise their favorite sport.
- Keep a pair of comfortable walking/running shoes as well as workout clothes in your car.
- Get out there and enjoy all that winter or summer has to offer.
- Most importantly, try new activities, figure out what you like and make it a priority to do them.

## Energy In – Energy Out

**‘Energy In’** is what you put into your body – the calories consumed from food.

**‘Energy Out’** are the calories that your body burns throughout the day. This is accomplished through:

- basal metabolic rate (energy required to maintain basic bodily functions)
- thermic effect of food (energy required for digestion, absorption, storage and transport of food)
- physical activity (energy spent during participation in physical activity)



**A: Weight Gain** – the amount of calories consumed is higher than the amount of calories spent

**B: Weight Maintenance** – the amount of calories consumed is equal to the amount of calories spent

**C: Weight Loss** – the amount of calories consumed is lower than the amount of calories spent

\*\*If you manage to tip the scales to equal a 500-calorie difference every day, this represents a loss of 1 pound per week.