






# Simply FITT!

## Improved General Health and Wellness Just Starting Out Formula

FITT Formula Frequency, Intensity, Time and Type	Frequency Number of workouts per week	Intensity Of Each Workout	Time For Each Component	Type Best Type of Exercise
<b>Cardio</b> 	<b>5—6 X</b> per week	<b>40-60%</b> <b>of Max</b> Light to Moderate	<b>10—30</b> minutes	<b>Light aerobic</b> Walking, Recreational Activities
Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat./Sun. _____				
<b>Strength</b> 	<b>2 X</b> per week	<b>40—60 % of</b> <b>Max</b> <b>15—20 reps</b>	<b>1 Set for each</b> <b>major muscle</b> <b>group</b>	<b>-Machine weights</b> <b>-Elastic Bands</b> <b>-Light hand</b> <b>weights</b>
Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat./Sun. _____				
<b>Flexibility</b> 	<b>Daily</b>	<b>Light to</b> <b>Moderate</b>	<b>10 seconds</b> <b>per stretch /</b> <b>muscle group</b>	<b>Static</b> <b>Stretches</b> Hold each stretch without bouncing
Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____ Sat./Sun. _____				