

## RM 11–FM: FITT Principle Guidelines

Fitness and/or Health Benefit	Variables			
	F Frequency	I Intensity	T Time	T Type
<b>Cardiorespiratory Endurance (CRE) (Aerobic)</b>	<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>
<b>Muscular Strength</b>	<ul style="list-style-type: none"> <li>▪ 2 or 3 times per week, with rest days in between bouts</li> </ul>	<ul style="list-style-type: none"> <li>▪ high resistance (sets to maximum capability)</li> </ul>	<ul style="list-style-type: none"> <li>▪ minimum of 20 minutes per session</li> <li>▪ 1 to 3 sets of 6 to 10 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>
<b>Muscular Endurance</b>	<ul style="list-style-type: none"> <li>▪ 2 or 3 times per week, with rest days in between bouts</li> </ul>	<ul style="list-style-type: none"> <li>▪ low to moderate resistance</li> </ul>	<ul style="list-style-type: none"> <li>▪ minimum of 20 minutes per session</li> <li>▪ 3 sets of 16 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>
<b>Flexibility</b>	<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>▪ 10 to 12 minutes</li> </ul>	<ul style="list-style-type: none"> <li>▪ static</li> <li>▪</li> </ul>
<b>Body Composition</b>	<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>
<b>Anaerobic</b>	<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>
<b>Active Daily Living / Health</b>	<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.

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