

## The F.I.T.T. Formula

What does it take to get fit? You must have commitment and determination...you have to stick to your game plan and break a sweat each and every week. To be physically fit, in the most complete sense, you should set goals for all of the Components of Physical Fitness, including:

1. cardiovascular endurance
2. muscular strength
3. muscular endurance
4. flexibility
5. body composition

To make improvements to the physiology of your body, you have to change or increase the amount of work that it is used to doing. Physical conditioning is dependant on the variables in the F.I.T.T. Formula (as recommended by the Alberta Fitness Leadership Association below):

<b>Components of Fitness</b>	<b>Cardiovascular</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>	<b>Flexibility</b>
<b>Frequency</b>	3 – 5 times week	3 – 5 times week	3 – 5 times week	Daily
<b>Intensity</b>	Moderate to moderately vigorous (determined by rating perceived exertion, talk test or target heart rate test)	Sets to failure High resistance (lower repetition range)	Sets to failure High repetitions (low resistance)	Feel mild/moderate stretching tension (no pain)
<b>Time</b>	20 minutes or more	To fatigue	To fatigue	Hold stretch 30 – 60 seconds
<b>Type</b>	continuous	Type of contraction	Type of contraction	Static stretch (no bouncing)

Find activities that you enjoy, that motivate you and fit into your schedule and encourage a friend or family member to join you on your quest. Work up to and continue to apply the F.I.T.T Formula and you will be well on your way to achieving your physical fitness goals.

*The Family Leisure Centre is a great place to sweat, laugh, visit, relax and learn. You are invited to visit and have a look around (11150 Bonaventure Drive SE) or visit our website at [www.goflc.org](http://www.goflc.org)*