

F.I.T.T. Frequency & Intensity

Critical Concept:

Frequency – How often are you physically active?

Experts all around the country recommend that youth under 18 get at least 60 minutes of physical activity each day.

In fact, if you're registered for the Presidential Active Lifestyle Program and track your activity online, you can earn an award for it! You can register with your teacher or activity leader or your family can register at www.presidentschallenge.org.

Remember, fitness is also a state of mind and spirit. Make up your mind to be physically active every day. Enjoy and be grateful for the chance to move.

<p>✓ Frequency Make Being Active a Habit!</p>	<p>Here are some ways that can help:</p> <ul style="list-style-type: none"> • Pick a time of day to be active and set that time aside every day. • Join or create an activity group. Friends can help to encourage you when you don't feel like moving. • Put activity appointments in your calendar. • Sign an activity contract with yourself and hang it where you'll see it every day.
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Intensity – How much energy do you spend during physical activity?

Sometimes it's great to work hard, get your heart pumping and sweat. In fact, our body benefits when we work up a sweat.

Sometimes it's not so great because we have things we need to do right after our activity and we can't show up all sweaty.

That's okay. Remember our activity time can be Moderate to Vigorous. A good balance is the best way to go.

<p>✓ Intensity A way to check Your Intensity Is Heart Rate</p>	<p>There are a few ways to calculate your Maximum Heart Rate. We'll use the quick and easy version:</p> <ul style="list-style-type: none"> • Max HR in Beats Per Minute = 220 – (Your Age) 220 – 15 Years Old = 205 bpm Max HR <p>This helps us find Heart Rate Zones for Physical Activity.</p> <p>Focus on two HR Zones: (Example with a 205 Max HR)</p> <ul style="list-style-type: none"> • Healthy Heart Zone = 50 – 60% Max HR Example: 102 – 123 bpm = Healthy Heart Zone • Fitness Zone = 60 – 70% Max HR Example: 123 – 143 bpm = Fitness Zone
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You need to know your target range for each activity session and take your heart rate several times during that session. You can use a Heart Rate Monitor if one is available. Or, you can take your pulse with your fingers on your wrist and use a clock while you count. Either way, work in the ZONE!