

Get FITT for Better Health

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| Frequency | |
| Intensity | |
| Timing | |
| Type | |

Patient Name: _____

Patient Age: _____

Be more active using the FITT principle—a personal schedule for exercise Frequency, Intensity, Timing, and Type. Work out a plan with your doctor that will best help you achieve your personal fitness goals.

My FITT Physical Activity Prescription

Frequency of Exercise

The recommended frequency of physical activity for *everyone* is to accumulate a minimum of 150 minutes of moderate exercise per week. It is recommended that you aim for 30 minutes of moderate activity (such as brisk walking) 5 days of the week. Moderate activity causes a noticeable increase in heart rate. If you have less time and more energy, you can also do 20 minutes of vigorous activity (such as jogging) 3 or more days per week. Vigorous activity is associated with rapid breathing and a greater increase in heart rate. If you are extremely short on time, you may accumulate your weekly exercise in 15 sessions of at least a 10-minute duration.

Daily physical activity or regular exercise is especially important for people who have—or are at risk for developing—diabetes or other chronic diseases, such as heart disease or cancer.

Intensity of Exercise

Intensity is important for conditioning and also for weight loss.

- For health and weight maintenance, aim for a **moderate-intensity** exercise program with a target heart rate around 55% to 65% of your maximum heart rate.
- For weight loss, aim for a **high-intensity** exercise program with a target heart rate around 65% to 75% of your maximum heart rate. See how to calculate your heart rate, below.
- For conditioning and improving athletic performance, aim for an even higher intensity exercise program, with short portions of the exercise reaching a target heart rate of 80% to 90%.

Calculating Your Heart Rate

Determine your maximum heart rate by subtracting your age from the number 220. For example, if you are 50 years old, $220 - 50 = 170$. So your maximum heart rate is 170.

To calculate your targeted heart rate range for moderate-intensity exercise, multiply your maximum heart rate by 0.55 and 0.65, then round to the next highest whole number. For example, using a maximum heart rate of 170, you would calculate $0.55 \times 170 = 94$ and $0.65 \times 170 = 111$. Thus, our target heart rate range for moderate-intensity exercise is about 94–111 beats per minute.

To calculate your targeted heart rate range for high-intensity exercise, multiply your maximum heart rate by 0.65 and 0.75.

Measure your heart rate while exercising by placing your fingers on the pulse at your wrist or neck. Count the number of heartbeats in 6 seconds and multiply that by 10 to determine your heart rate during exercise. You can also count the number of beats for 15 seconds and multiply by 4.

Timing of Exercise

Timing should focus on making physical activity fit into your typical day's routine. In general, optimal benefits are seen with morning physical activity when your metabolism is ready for this type of stimulus. Late night exercise may cause sleep problems.

People with diabetes should place greater emphasis on timing by monitoring blood sugar before and after exercise.

Type of Exercise

There are 4 basic types of exercise: aerobic, balance, flexibility, and resistance (or strength) training.

Specific types of exercise should be based on personal goals, minimizing risk of injury, and finding something enjoyable. Remember that dancing, walking the golf course, yard work, and parking a few blocks away from a destination all count as physical activity!