

F.I.T.T. PRINCIPLE

FREQUENCY



How often you plan on exercising

***Remember, kids should be active
60 minutes per day***

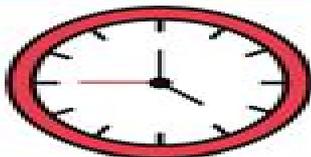
INTENSITY



How hard you will work during
exercise

***Moderate to Vigorous exercise is
50 - 85% of you maxHR ***

TIME



How long you will exercise for.

***Remember, kids should be active
60 minutes per day***

TYPE



What type of exercise will you do.

***Depending on your goals you can choose any
activity that will help keep you in your target heart
rate zone of 50-85%***

For example: Running, Swimming, various sports
and/or play activities.

Do what make you happy to move!!!



Fitt Principle Pretest

Jianjun Gao



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