

What is the FITT Principle?

NOT everyone is created equal!!

Did YOU Know?

IEP

Designing **YOUR** IEP

Benefits of Different Types of Programs

	Lifestyle physical activity	Moderate exercise program	Vigorous exercise program
Description	Moderate physical activity—an amount of activity that uses about 150 calories per day	Cardiorespiratory endurance exercise: 20-30 minutes, 3-5 days per week; strength training and stretching: 20-30 minutes, 2-3 days per week	Cardiorespiratory endurance exercise: 20-30 minutes, 5-7 days per week; strength training, strength training, or 20-30 minutes, 2-3 days per week; stretching: 20-30 minutes, 2-3 days per week
Sample activities/program	<ul style="list-style-type: none"> One of the following: <ul style="list-style-type: none"> Walking briskly to and from work, 10 minutes each way Cardio to and from class, 10 minutes each way Handbook for 30 minutes Cleaning house for 30 minutes Playing basketball for 20 minutes 	<ul style="list-style-type: none"> jogging for 30 minutes, 3 days per week Weight training, 1 set of 8 exercises, 3 days per week Swimming exercises, 3 days per week 	<ul style="list-style-type: none"> Swimming for 45 minutes, 3 days per week Interval training: 1 set of 8 sets, 3 days per week Strength training, 1 set of 10 exercises, 3 days per week Swimming exercises, 3 days per week
Health and fitness benefits	Some blood cholesterol levels, reduced levels for better control of blood pressure, improved metabolic health, and reduced glucose metabolism. Improved quality of life, reduced risk of some chronic diseases. Greater amounts of activity can help prevent weight gain and promote weight loss.	All the benefits of lifestyle physical activity, plus improved glucose tolerance, improved cardiovascular endurance, and flexibility, and some greater improvements in health and quality of life and reduction in chronic disease risk.	All the benefits of lifestyle physical activity and a moderate exercise program, with greater increases in fitness and metabolic glucose tolerance in chronic disease risk. Being active in a vigorous exercise program may increase risk of injury and overtraining.

Guidelines for Training




