

# Keeping FITT

Whether you are a person who does physical activity regularly or someone who is just getting started, the **FITT** formula, which stands for **F**requency, **I**ntensity, **T**ime, and **T**ype, can help you be more physically active. You can achieve greater health benefits and enjoyment by increasing the frequency, intensity, or time of your physical activities.

**F** stands for **Frequency**:

Frequency is how often you do physical activity.

To help your body be healthy, it is best to be physically active every day.

If you are not physically active every day, do simple and fun activities, like walking, bicycling, and dancing, a little at a time until physical activity becomes a regular habit.

**I** stands for **Intensity**:

Intensity is related to how hard you breathe, how fast your heart beats, and how warm your body feels when doing physical activity.

As you do more physical activity every day, you can gradually increase your intensity by walking more quickly and pumping your arms, bicycling up hills, and dancing at a fast pace with your family members and friends.

**T** stands for **Time**:

Time is related to how long you spend doing physical activity.

It is important to do fun, moderate-intensity physical activity, like brisk walking, bicycling, and dancing, for at least 30 minutes every day for adults and at least 60 minutes every day for children. This can be done all at once or in easy 10- to 15-minute intervals.

**T** stands for **Type**:

Type is related to the type of physical activity you do.

It is important to do a variety of aerobic activities you enjoy, like brisk walking, bicycling, dancing, playing soccer, and swimming, to help you achieve the recommended level of physical activity. As you have fun doing aerobic activities, add some stretching and strength training exercises to your energizing routine 2 to 3 times per week.