





Fitness is having good physical condition.

- **Fitness** can be improved₂ using **Frequency**, **Intensity**, **Time**, and **Type** (**F.I.T.T.**).

F.I.T.T.	What does it mean?	Example
Frequency	How often are you active? 	Liz jogs 4 times a week. Sara jogs 2 times a week.
Intensity	How hard are you working? 	Thom lifts heavy weights . Jim lifts light weights .
Time	How long are you active? 	Judy walks for 2 hours . Becca walks for 30 minutes .
Type	What activity are you doing? 	Curt jumps rope . Steve does push ups .

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Which is an example of **Frequency**? How do you know?

- A Ben runs 3 times a week. B Ben runs fast.

Which is an example of **Time**? How do you know?

- A Ben runs and stretches. B Ben runs for 30 minutes.

Give an example of a **Type** of exercise.



Vocabulary

² made better

Fitness is having good physical condition.

Describe fitness plans.

- 1 Read the passage carefully.
- 2 Identify ₃ examples of **Frequency**, **Intensity**, **Time**, and **Type**. (underline)
- 3 Give your own example of **Frequency**, **Intensity**, **Time**, and **Type**.

The F.I.T.T. Principle of Exercise

Frequency

Frequency is how often you exercise. It is important to make sure you are active enough to be healthy. Too much exercise can be unhealthy too. Your body needs to get enough rest after being active. A good frequency for exercise is 3 to 5 times a week.

Your Example: _____

Intensity

Intensity is how hard you work during exercise. Intensity can be low or high. Walking slowly and stretching are low intensity exercises. Running fast or lifting heavy weights adds intensity. Changing the intensity can keep your exercise from getting boring.

Your Example: _____

Time

Time is how long exercise lasts. The time depends on what activity you are doing. Low intensity workouts can be done for a long time. Walking can be safe for over an hour! High intensity workouts can be hard on your body. They should be kept shorter so you do not get hurt.

Your Example: _____

Type

There are many types of exercise you can do! Any time you are moving, you are exercising. Running, stretching, lifting weights, or playing sports are types of exercise. Even doing chores or riding your bike to school counts as exercise!

Your Example: _____

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- 2 How did I/you identify examples about each term?
- 3 How did I/you give your own example of each term?

Vocabulary

³ find