



# FITT Principle

## Flexibility

The ability to move the joints through a full range of motion

### Frequency

How often you do the activity each week

**Daily stretching**



### Intensity

How hard you work at the activity per session

**Stretch muscles and hold beyond its normal length  
at a comfortable stretch**



### Time

How long you work out at each session

**Hold stretch for 15 seconds with the stretching  
workout lasting 15-30 minutes**

### Type

Which activities you select

**Exercises that allow the body to move through the  
full range of motion**

