



FITT Principle

Cardiorespiratory Endurance

The ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate to vigorous activity

Frequency

How often you do the activity each week

Exercise 3-5 times per week

Intensity

How hard you work at the activity per session

Working in target heart rate zone

Time

How long you work out at each session

20-60 minutes each time

Type

Which activities you select

Any aerobic activity

