

F.I.T.T

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handouts:

F.I.T.T.

Suggested Format for Discussion:

- Write “F.I.T.T” on the board or flip chart. Ask the group if they know what the letters stand for and how this relates to physical activity.
- Discuss each component of the F.I.T.T principle (Frequency, Intensity, Time, Type), explaining that each is an important part of a physical activity program.
- Write “Frequency” on the board or flip chart. Explain the American College of Sports Medicine (ACSM) recommendation for the number of days required to exercise for optimal health.
- Write “Intensity” on the board or flip chart. Explain the concept of intensity related to exercise.
- Write “Time” on the board or flip chart. Explain the ACSM recommendation for the amount of time required to exercise for optimal health.
- Write “Type” on the board or flip chart. Give the group examples of strength and aerobic training exercises.
- Ask participants for suggestions/ideas and write them on the board.
- Pass out the *MOVE!* handout “F.I.T.T.” Discuss the handout and solicit input from the group regarding how they plan to use this information for themselves.

