



I CAN...

I can identify the acronym F.I.T.T.

I can participate in classroom activities
to enhance my fitness level

I can define and determine Target
Heart Rate Zone

F.I.T.T.

Frequency: How often

Intensity: How hard

Time: How Long

Type: What activity

F.I.T.T.

Frequency: 3-5 Days/Week

Intensity: Moderate to vigorous if possible

Time: Accumulate 20-60 minutes/session

Type: Walk, hike, run, jog, bike, stair climb, roller blade, dance, jump rope, etc.

TARGET HEART RATE ZONE (THRZ)

$220 - \text{age} = \text{Maximum Heart Rate (MHR)}$

$\text{MHR} \times 60\% = \text{Low end THRZ}$

$\text{MHR} \times 90\% = \text{High End THRZ}$

Example:

$220 - 15 = 205$

$205 \times 60\% = 123 \text{ Low end}$

$205 \times 90\% = 184.5 \text{ High end}$

THRZ is 123-184.5 Beats Per Minute