

# The FITT Principle

*“How often should I exercise?”*

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## Frequency

3 times per week  
(2 rehabilitation classes & home circuit)  
other days – brisk walks, etc

*“How hard should I exercise?”*

I

## Intensity

12 – 14 on Borg scale  
heart rate within target zone

*“How long should I exercise?”*

T

## Time

15 minute warm up  
20 – 30 minute conditioning phase  
10 minute cool down

*What type of exercise should I do?*

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## Type

Aerobic  
Endurance