

# Fitness Guidelines

F.I.T.T. – Use these Guidelines in order to safely apply the fitness principles of training.

**Frequency** (how often a person works out)

Definition: The property or condition of occurring at frequent intervals.

**Intensity** (how hard a person works out)

Definition: The quality or state of being intense; *especially* : extreme degree of strength, force, energy, or feeling

**Time** (how long a person works out)

Definition: The measure of durations of events and the intervals between them

**Type** (what kind of works out a person completes)

Definition: A number of people or things having in common traits or characteristics that distinguish them as a group or class.