

Activity Line

Developing your personal exercise plan - F.I.T. Guidelines

By Laurie Burns

If you are exercising for full body fitness, use a variety of activities to produce the balance of strength, flexibility and aerobic and anaerobic power that is right for you.

No matter what activities you choose, the rate at which your fitness will improve depends on three factors.

Frequency-how often you exercise

Intensity-how hard you exercise
Time (duration)-how long you exercise

Most often, people focus on just one factor without considering the other components. The ideal exercise program, however, contains both a variety of activities and a variety of intensities, durations and frequencies.

There are good reasons for juggling all three factors from one workout to the next.

For example, long duration, low intensity workouts stimulate the

growth of capillaries that bring more oxygen to the muscles. Shorter, higher intensity workouts are best for improving the efficiency of the heart and developing skill.

Use the F.I.T. guidelines when embarking on a fitness program and you will be on your way to an improved lifestyle.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.



Laurie Burns

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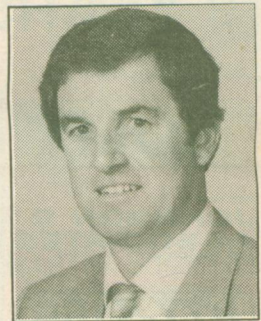
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