

PHYSICAL ACTIVITY AND EXERCISE



Physical activity is part of daily living and includes occupational, household, and lifestyle activities.



Exercise is P.lanned and structured physical activity that is done to improve physical fitness.

THE FITT PRINCIPLE

Exercise is prescribed using the FITT Principle.



FREQUENCY

Frequency refers to how often you are being active. It is important to be exercising often enough to provide enough stress for the body to adapt. It is equally important to allow enough rest time for recovery to occur.



INTENSITY

Intensity refers to how hard you are working. When doing aerobic activity, you should aim to be between 2 and 6 on the Rating of Perceived Exertion (RPE) scale. You should be able to maintain conversation - if you can't talk, ease up, but if you can sing, then pick up the pace a little bit!



TIME

Time refers to the amount of time you spend during an activity session. It is also important to keep track of cumulative time each week. Physical activity guidelines recommend 150 minutes of aerobic activity a week.



TYPE

The type of exercise refers to what kind of activity you choose. For example, brisk walking or cycling will build aerobic fitness, whereas lifting weights can improve muscular strength, endurance, and power. Aim for variety and try different types of exercise like aerobic activity, resistance training, and some stretching.

