

# GET F.I.T.

In order to improve your fitness level a number of factors are important.

It is less important what you do but rather how you do it. Any type of physical exercise will do provided it means the following criteria. If you enjoy it you are more likely to keep it up. Examples include swimming, cycling, jogging, brisk walks etc. The letters **F.I.T.** can be used to summarise what your exercise programme should entail.

## **F**requency:

The exercise should be performed at least three times every week. It can be more often if desired but in general it is a good idea to take a day's break or perform a different form of exercise the day after strenuous exercise.

## **I**ntensity:

To be technical your maximum heart rate is  $220 - \text{your age}$ . That is if you are forty it is  $220 - 40 = 180$ . You should aim to get your heart rate during exercise and maintain it at 60 - 75% of your maximum heart rate.

## **T**ime:

Each spell of exercise should continue preferably with a break for a minimum of 30 minutes and preferable 40 minutes. If you cannot manage this at the start do what you can and try to build up to this.

## **Warning:**

Remember that particularly if you have not exercised recently it may be difficult at first but keep it up. However you should stop if you feel unwell, get dizzy, suffer chest pains or any other unusual symptoms. In that case you should consult a doctor before resuming.

## **It takes time:**

Also remember fitness does not come over night. Realistically it takes at least a few weeks and often longer to appreciably improve your fitness level. The more effort you put in the quicker the likely results. When you are fit you will feel better and it will benefit your overall health.