GETTING “FIT”

Thinking of starting an exercise program?
Consider FREQUENCY, INTENSITY, TIME and TYPE (FITT).

FREQUENCY
It is recommended that the average healthy, able-bodied student engages in physical activity at least 3 days per week for general wellbeing. Aerobic fitness levels decrease after about 2 days of inactivity.

INTENSITY
The level of physical effort required to build muscle strength and cardiovascular fitness depends on your
- health status
- current fitness level
  - heart and lung endurance
  - muscular strength, endurance, and flexibility
- personal goals
- physical restrictions or previous injuries

TIME
The length of time you spend exercising depends on a lot of the same factors as the level of intensity. Try working out 10, 20, or 30 minutes at a time to gauge how you feel. As your fitness improves, gradually increase the duration of your workouts.

The CDC recommends getting between 75 minutes of vigorous-intensity activity (e.g. running) and 150 minutes of moderate-intensity activity (e.g. brisk walking).

TYPE
Your choice of physical activity depends on what you want to achieve. It is a good idea to mix aerobic activity with stretching and muscle strengthening activities that target all of your major muscle groups

If you are living with a disability, talk with a health care provider who can give you information about what is appropriate for you.

*Keep in mind that no matter how much, how intense, or what type, exercise has many benefits. These include: reducing your risk of disease, strengthening bones and muscles, and improving mental health and mood.*

Check out [this link](#) for physical activity resources at NYU and beyond.