

THE FIT FORMULA FOR LIFESTYLE PHYSICAL ACTIVITIES

Table 6.2

**The FIT Formula for Getting Health and
Wellness Benefits From
Lifestyle Physical Activities**

FIT formula	Threshold of training	Target zone
Frequency	Most days of week	Daily, or most days of week
Intensity	Moderate activity equal to brisk walk 200+ Calories/day (4 METs)	Moderate activity equal to brisk walk 200+ calories/day (4-7 METs)
Time	30 min in bouts of 10+ min	30 min to several hr in bouts of 10+ min