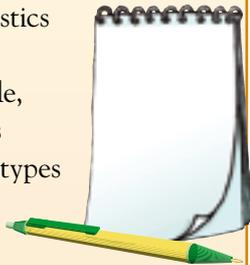


Activities

1. Compare and contrast aerobic and anaerobic exercise. How are they alike? How are they different? What kinds of exercises would be considered both aerobic and anaerobic? Put this information in a chart format.

2. Based on the characteristics of aerobic and anaerobic exercises listed in the article, explain in writing why it is important to include both types of exercises in your weekly workout sessions.



3. In groups, develop a workout or exercise plan for a week that utilizes the **F.I.T.T. Principle**. Share your plan with your classmates.



4. Create a poster using pictures from magazines or other sources that illustrate various types of aerobic and anaerobic exercises.

Home Connection

With a family member, participate in one aerobic and one anaerobic activity this week. Briefly describe to your classmates what you did.



Discussion Questions

Which aerobic activities do you enjoy?

Which anaerobic activities do you perform most often?

Getting Fit!



Characteristics of Aerobic Exercise

- Uses oxygen to supply energy
- Uses large muscle groups rhythmically
- Gives the heart and lungs a continuous workout
- An exercise lower in intensity but longer in duration
- Includes exercises such as brisk walking, jogging, biking, dancing, and swimming

Everyone needs to perform a variety of exercises to achieve their health goals. **Aerobic** and **anaerobic** exercises are the two main types of exercises that help a person achieve a good level of physical fitness.



Characteristics of Anaerobic Exercise

- Doesn't use oxygen to supply energy
- Uses muscles at a high intensity for a short period of time
- Activities are usually short and fast
- Builds muscle strength
- Doesn't give the heart and lungs a continuous workout
- Includes weight lifting, sprinting, baseball, football, and calisthenics (push-ups, pull-ups, lunges, etc.)



the F.I.T.T. PRINCIPLE

It is essential that a person include many aspects of conditioning to achieve an overall fitness level. The **F.I.T.T. Principle** is a basic philosophy of what is necessary to gain positive effects from an exercise program. **F.I.T.T.** stands for **F**requency, **I**ntensity, **T**ime, and **T**ype.



- **Frequency** refers to the frequency of exercise performed or how often you exercise.
- **Intensity** refers to the intensity of exercise undertaken or how hard you exercise.
- **Time** refers to the time you spend exercising or how long you exercise.
- **Type** refers to the type of exercise undertaken or what kind of exercise you do.

F.I.T.T. PRINCIPLE RECOMMENDATIONS

Frequency - Exercise every day if possible or at least 5 to 6 times per week.

Intensity - Activity intensity should be moderate to vigorous.

Time - Each exercise session should be from 15 to 40 minutes. Children and adolescents should get at least 60 minutes of physical activity each day.

Type - Include a variety of cardiorespiratory endurance exercises, muscular strength and endurance exercises, and flexibility exercises in an overall fitness program.

