

The F.I.T. procedure provides a quantitative method to determine a subject's Physical Activity Rating.

The F.I.T. value is a function of the following three parameters:

Exercise Frequency - How often meaningful physical activity is performed

Exercise Intensity - How much energy is expended during exercise

Exercise Time - How many minutes the activity is performed during each session.

The F.I.T. value is calculated by multiplying all three parameters

F.I.T. = Frequency X Intensity X Time

The FIT values help to account for the long term effects of physical activity. More active adults have higher bone density (and therefore better lean mass) than less active adults. The FIT helps to account for this.

When entering the FIT values, you should consider what the individual's average Frequency, Intensity and Time have been over the past six months.

For example, if an individual has not been particularly active for a short period of time (i.e. several weeks), but had been previously training for competitive athletics, you should take that previous training regimen into account for the FIT values. Conversely, if an individual has been training hard for a short time (i.e. several weeks), but was much less active previously, you should take the previous light activity into account for the FIT values.

Frequency:    5 - Daily or almost daily (6 or 7 times per week)  
                  4 - 3 to 5 times per week  
                  3 - 1 or 2 times per week  
                  2 - a few times per month  
                  1 - no meaningful activity

Note: The frequency value should be evaluated independently of the intensity of the activity. For example, a person who walks in the evening every day will have a frequency rating of 5 even though the intensity of the activity will be low

Intensity:     5 - Heavy Activity - Body Building, Running, Distance Cycling  
                  4 - Moderately Heavy - Weight Training, Jogging Basketball  
                  3 - Moderate - Speed Walking, Light Weight Training  
                  2 - Light Moderate - Brisk Walking, Hiking, Golfing  
                  1 - Light - Normal Walking, Gardening

Time:            4 - Over 30 minutes  
                  3 - 20 to 30 minutes

2 - 10 to 20 minutes

1 - Less than 10 minutes