

Fitt principle for cardiovascular fitness



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Cardiovascular fitness involves activities like walking, biking, skating, jogging as well as rowing.

These activities in turn strengthen the heart and lungs of human being and hence; the muscles become more efficient due to the availability of enough oxygen. In addition, the activities involved during cardiovascular fitness increase the amount of blood pumped per heartbeat hence; lowering resting heart rate up to an average of 72 BPM. Normal functioning and working of the heart depend on the resting heart rate and when it is low it enables the heart to function well and that is why Cardiovascular fitness becomes an essential component of life (Dennis, McCully and Juris, 13-19.). Nevertheless, during cardiovascular fitness process, Aerobics which is an exercise under the process results into long term activity usually termed as cardiovascular endurance. This term is also known as cardio-respiratory endurance and it is the ability of the body of a human being is able to work continuously for a given absolute time frame.

The practitioners, however, have availed that cardio-respiratory endurance increases one's chances of living longer here on earth since it is a channel of a healthier life. In addition, when one fails to engage in cardiovascular fitness, he or she may be affected by cardiovascular diseases such as type 2 diabetes and obesity. In adhering to the health principle, one needs to understand the importance of FITT principles which brings about benefits to the health of your heart. The table below illustrates different FITT principles that give us an overview as far as the issue of body health is concerned.

Frequency of exercise

It is standardized that maximum cardiovascular benefits are accomplished when one engages in exercise three to five times per week. This leads to

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improvement of general fitness but at times one may be engaged in the fitness even more than five times according to his or her capability.

Intensity of exercise

This is generally an aspect that shows how hard you are working against your fitness exercise. Benefits that are incurred by heart is determined by the intensity and level of exercise one is adhering to as per the available fitness norms. It translates to a Target Heart Rate (THR) zone, which is determined when exercising a level of the body heartbeats between 50% and 85% of people's maximum heart rate, which is approximately 142-186 BPM.

Time of exercise

This is determined by how long one should do exercise as analyzed by the Target Heart Rate Zone. It is, however, advisable to provide a workout program that goes for at least 20 minutes of continuous aerobic activities which results in Cardiovascular benefit. As one approaches 60 minutes during the exercise process, the cardiovascular benefit starts to level off hence; if one refuses to stop injuries may be avoided within the body of a human being.

Type of exercise

There are several types of cardiovascular fitness including; rhythmical as well as repetitive activities whereby we monitor prolonged periods of exercise that involves an essence of muscle groups. The exercise, however, includes' walking, swimming, cycling, jogging as well as aerobic forms of activities that are available by the practitioners and professionals. By following the above FITT principle, you will be able to reduce your body weight to considerable weight as well as grow healthier.