



The FITT Rule

Thinking “FITT” will help you remember the basics of a safe exercise plan and get you on your way to your blood pressure goal.¹

- F Frequency**, or how often. To lower your blood pressure, you need to do some type of exercise most days of the week. Every day is best.
- I Intensity**, or how hard. You should work out hard enough so that you start to breathe harder and notice your heart beating faster. Try the “Sing/Talk Test.” If you can still talk while exercising, you’re doing fine. Slow down if you can’t talk—you’re working too hard. If you can sing while exercising, step it up a bit. You’re not working hard enough.
- T Time**, or how long. You need at least 30 minutes on most days. You can start out slowly. If at first 30 minutes is too long, split your exercise into three 10- or 15-minute walks. Take one in the morning, one at lunch, and one in the evening. Soon you’ll build up to 30 minutes or longer.
- T Type**, or what kind of exercise. The best type of exercise for lowering blood pressure is moderate aerobic exercise. Aerobic exercises make you breathe a little harder, quicken your heartbeat, and use your largest muscle groups over a period of time. Walking, swimming, bike riding, dancing, and jogging are all examples. Pick an exercise you enjoy so you stick with it!

It takes time to make a new healthy habit stick. Many people find that within a couple of months of exercising, it becomes a routine part of everyday life. Keeping an exercise log will help you and your healthcare provider keep track of your progress. Remember to consult your healthcare provider before starting any exercise regimen.

My Exercise Log

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK #	EXAMPLE:	walked 20 minutes					
1							
2							
3							
4							
5							
6							
7							
8							

References: 1. Adapted with permission from Pescatello LS, et al. *Med Sci Sports Exerc.* 2004;36:533-553.

