



KaziHealth

www.kazibantu.org

PHYSICAL ACTIVITY is the BEST MEDICINE!



FITT PRINCIPLES

Use the FITT principles to monitor your exercise.
FITT is an acronym which outlines key components:

F REQUENCY
(3-5 DAYS/WEEK)

I NTENSITY
(EASY/MODERATE/
VIGOROUS)

T YPE
(SPORT/LEISURE
ACTIVITIES)

T IME

STRATEGIES

FOR PHYSICAL ACTIVITY



Get your colleagues involved by making it a challenge to be more active together.



Participate in the weekly Park Run.



Try a standing desk. This uses more muscles and burns more calories.



Take a 10 -15 minute walk around the school grounds during lunch breaks.



Use the stairs wherever possible.



Turn waiting time into moving time.



Encourage 3 - 5 minute in-class activity breaks



Limited time? Exercise in the morning and in the afternoon for 5-10 minutes.



Aim for 10 000 steps per day. Park a distance away so you can get your steps in.

Start small and build up gradually, just 10 minutes at a time can provide benefits.