

F.I.T.T. Challenge

Houston Parks and Recreation Department The F.I.T.T. Challenge

What: F.I.T.T. is a 10 week incentive program based on completing the minimum F.I.T.T. (Frequency, Intensity, Time, and Type) exercise guidelines, or number of minutes for each of the following types: cardio, strength, flexibility and neuromotor.

When: Begins March 2nd 2015 and ends May 8th 2015.

Where: The majority of the program will focus on exercises that can be done here at the West Gray, Adaptive Sports and Recreation Center. But we encourage you to log some of your exercise at home or out in the community.

How: Track your daily minutes of exercise using the Weekly Tracker sheet. Grab a new sheet each week to track your minutes of exercise, and return them to the Front Desk once completed. Filled out examples are posted at the Front Desk, in the Pool and on the Fitness Room bulletin board. You can log more minutes than what is required, but additional points will not be given. Do your best to log as many minutes as you can, to get the most points possible.

Points/Prizes – There is a maximum of 500 points that can be earned each week; 400 from weekly challenge and 100 from weekly bonus. Prizes will be based upon points and length of participation.

Handouts – All handouts for the program will be located at or around the Front Desk.

Why: To kick start your exercise program in the New Year. To help you better understand the basics of an exercise program. Plus if you make it all the way through you'll get a really nice t-shirt!

Location: MMSC Adaptive Sports and Recreation
1475 West Gray, 77019

Date: Begins March 2nd 2015 and ends
May 8th 2015.

Information: (832) 395-7333

