



2025 EUTF HMSA Health
Education Webinars

FIT: TO BE TRIED

“Frequency, Intensity, and Time.”

Exercise and physical activity are important for a healthy lifestyle, yet many of us don't reach minimum requirements outlined in national guidelines. In this session, we'll review how to structure workouts that factor in frequency, intensity, and time, or FIT. We'll also show how cardio, strength training, and stretching can be incorporated into a weekly routine.

Note: This is an informational class and not a workout. However, we'll demonstrate a few exercises.

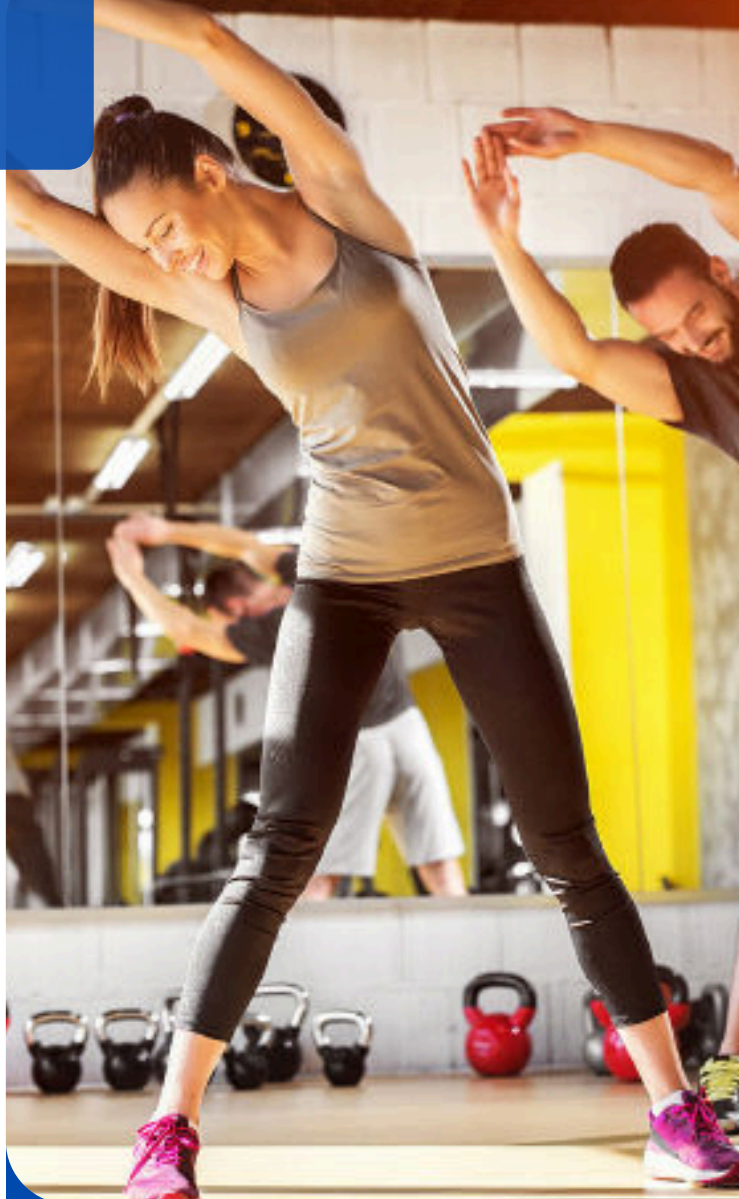
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Tuesday, Jan. 28, 2025



11:30 a.m. – 12:15 p.m.



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