

**Introduction  
to  
Our  
Next Unit**

**DONT  
SIT**

**VIEW RIDGE  
Fitness and Fun!!**

**GET  
FIT!!**

## **FIVE for LIFE- Five Components of Fitness**

**The Five Components of Fitness are important for physical health. Maintaining healthy levels of fitness for each component helps a person live a healthy and productive life.**

**Cardiorespiratory Endurance** - Cardiorespiratory endurance is the ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity. Muscles use oxygen to produce energy for movement. If the heart and lungs are working properly, a person should be able to ride a bike, walk, swim or jog for a long period of time. Keeping the heart and lungs in good shape means not being out of breath as often or getting tired as quickly.

**Muscular Strength** - Muscular strength is the ability of the muscle or muscles to push or pull with its total force. Increased muscular strength allows a person to lift, push, or pull with more force. Strength is always a benefit in any athletic situation but it is also important when the car has a flat tire, the door is stuck, or when the pickle jar cannot be opened.

**Muscular Endurance** - Muscular endurance is the ability of the muscles to repeat a movement many times or hold a position without stopping to rest. Improving muscular endurance allows a person to increase physical activity. A person with improved muscular endurance can accomplish more physical work by moving faster and taking fewer breaks. To improve muscular endurance, exercises should be repeated at least twelve times.

**Flexibility** - Flexibility is the muscles' ability to move a joint through a full range of motion. As people age, muscles shorten and become less flexible. As an example, babies can easily chew on their toes, but most parents cannot. When muscles shorten, a ball cannot be thrown as far because the arm won't be able to move through the entire range of motion. Staying flexible is important for performance as well as preventing injuries.

**Body Composition** - Body composition is the relationship between fat-free mass and fat mass, usually referred to as a percentage of body fat. The body is made up of fat, bones, muscles and organs. Fat-free mass includes everything that is not fat (bones, muscles, and organs). Fat mass is the amount of fat being stored in the body. Everybody needs a healthy level of fat because it is important for-- 1. warmth, 2. insulation of organs, 3. absorption of vitamins (E,D,K), 4. nerve conduction, and is 5. a source of energy. However, having too much or too little fat can become a health risk. As a person ages, it is important to maintain a healthy balance of body fat for a continued quality of life.

