

**Introduction  
to  
Our  
Next Unit**

**DONT  
SIT**

**VIEW RIDGE  
Fitness and Fun!!**

**GET  
FIT!!**

## Heart Health – Cardiorespiratory Endurance

**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.**

The body is much like a car. The engine of a car gives it the power to move. The heart is the body's engine, and it gives a person the power to move. **A high level of cardiorespiratory endurance can be important in living a long and healthy life.**

The heart is the muscle that pumps blood to all the other muscles and organs of the body. Blood delivers oxygen to the muscles, which then use the oxygen to produce energy. This is why the heart is considered to be the most important muscle in the body. The heart gets stronger the same way other muscles do, by working and challenging it. Doing activities that make the heart beat faster will strengthen it!!

### Health Benefits of a Strong Heart:

- Live longer
- Stay healthy
- Have energy to do the things you want to do

### Key Vocabulary Words:

**Blood is the fluid that carries oxygen to the muscles.**

**Blood** delivers oxygen and food nutrients to the body. This allows a person to have energy for work and play. The more blood the heart can pump, the more energy a person will have.

**Endurance is the ability to keep working or playing for a long time.** As endurance improves, a person will be able to play harder and longer, and be more successful.

Everything a person does requires **energy (the ability to work, move, and play)** from running a race to reading a book. A person gets energy from foods and drinks.

The **heart is the muscle that pumps blood throughout the body.** It is approximately the size of a fist. A healthy heart, like any muscle, will get stronger-with the right kind of activity. Activities that make the heart beat faster for long periods of time will strengthen it.

**The number of times the heart beats in one minute is the heart rate.** The stronger the heart, the fewer times it needs to beat in one minute. This allows a person to play or work longer without feeling tired or stopping. A person can improve their heart health by performing activities that increase their heart rate.

**Lungs are like two balloons and they hold the air a person breathes.** When a person breathes in (inhales), the lungs fill with air and get bigger. When a person breathes out (exhales), the lungs get smaller.

**Oxygen is a component of the air a person breathes.** The body needs oxygen to live. Muscles need oxygen to move. When the heart is strong, it can pump more oxygen to the muscles.

**Pacing is the ability to run at a comfortable steady speed for a long time.**

