



FITNESS

No matter your choice of activity, the benefits of regular exercise are undeniable. But true fitness is more than simply meeting the recommended 30 minutes a day of physical activity.

There are many ways that people evaluate their level of fitness. Some focus on maintaining a healthy weight, while others determine how fit they are by their ability to do a certain number of push-ups or run so many miles. However, **fitness is the ability to balance all 5 of these components** – cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition – in a way that works for you.

BENEFITS OF DAILY PHYSICAL FITNESS ACTIVITIES:

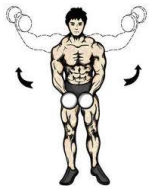
1. Helps combat chronic diseases-heart disease, diabetes, obesity, stroke, some cancers
2. Increases energy levels
3. Help manage weight
4. Improves balance and coordination
5. Improves mood
6. Increases self esteem
7. Promotes better sleep
8. Enhances social well being
9. Improves cognitive function (learning)

5 COMPONENTS OF HEALTH RELATED PHYSICAL FITNESS

1. **AEROBIC (CARDIOVASCULAR) ENDURANCE:** This is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained, moderately intense physical activity.
 - a. Maintain workout for 20-30 minutes at your target heart rate (jogging, swimming, bicycle riding)
 - b. Workout 3-4 times per week
 - c. Increase intensity moderately to avoid injuries
 - d. Allow your body to recover by alternating days and staggering the intensity of the workout. Listen to your body for signs of overwork.
2. **FLEXIBILITY:** The ability to stretch your muscles and the tendons and ligaments that connect them to your bones- (Pilates, yoga)
 - a. Stretch before a workout AFTER warming up.
 - b. Stretch after workouts to help relax strained muscles and prevent cramping.
 - c. Stretching should not be painful stretch gently so you feel it but not so you that it hurts.
 - d. For best results stretch at least 5 days a week.

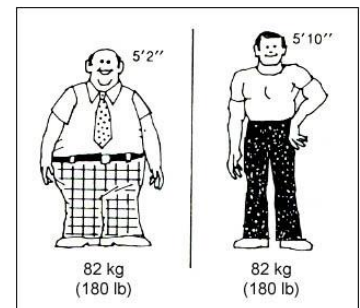


3. **MUSCULAR STRENGTH:** The capacity of your body's muscles to generate extreme amounts of force in a short period of time utilizing anaerobic energy.



- Use exercises that work specific muscle groups using proper form to isolate individual muscles. (Weight lifting)
 - Warm up and stretch before workouts and stretch after workouts
 - Use the overload principle but increase the amount of weight in workouts gradually
 - Rest-give a muscle group 1-2 days recovery time after a workout.
4. **MUSCULAR ENDURANCE:** The capacity of your body's muscles to generate small amounts of force for a long period of time.
- Use exercises that work specific muscle groups using proper form to isolate individual muscles
 - Warm up and stretch before workouts and stretch after workouts
 - Use the overload principle but increase intensity gradually
 - Rest-give a muscle group 1-2 days recovery time after a workout
5. **BODY COMPOSITION:** The amount of fat in the body compared to the amount of lean mass (muscle, bones etc.).
- Healthy males body should be approximately 12-18% fat and females between 14-20%
 - Avoid being under fat. You need to have some fat for your health.

Note: A scale can tell you your weight (gravitational force to the earth), but it does not take into consideration the makeup of your body. Remember, **muscle weighs more than fat**. This means that you can lose fat and inches without losing a pound if you are gaining muscle. Measuring your body composition will allow you to see a clear picture of your progress.



6 COMPONENTS OF SKILL RELATED FITNESS:

There are six skill-related fitness components: agility, balance, coordination, speed, power, and reaction time. Skilled athletes typically excel in all six areas.

- Agility** is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example, changing directions to hit a tennis ball.
- Balance** is the ability to control or stabilize the body when a person is standing still or moving. For example, in-line skating.
- Coordination** is the ability to use the senses together with body parts during movement. For example, dribbling a basketball. Using hands and eyes together is called hand-eye coordination.
- Speed** is the ability to move your body or parts of your body swiftly. Many sports rely on speed to gain advantage over your opponents. For example, a basketball player making a

fast break to perform a layup, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass.

5. **Power** is the ability to move the body parts swiftly while applying the maximum force of the muscles. Power is a combination of both speed and muscular strength. For example, fullbacks in football muscling their way through other players and speeding to advance the ball and volleyball players getting up to the net and lifting their bodies high into the air.
6. **Reaction Time** is the ability to reach or respond quickly to what you hear, see, or feel. For example, an athlete quickly coming off the blocks early in a swimming or track relay, or stealing a base in baseball.