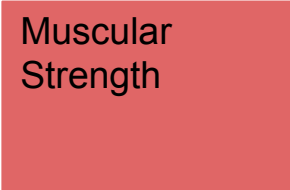


# 5 Components of Fitness

# 5 Components of Physical Fitness


Muscular  
Strength



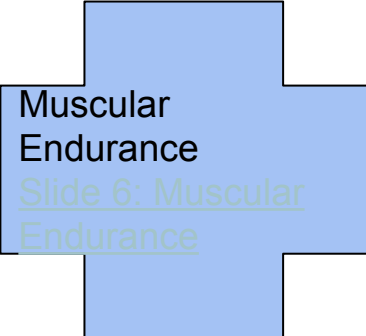
Flexibility



Cardio  
Endurance



Muscular  
Endurance



[Slide 6: Muscular  
Endurance](#)

Body  
Composition



# Muscular Strength



**Muscular strength is the ability of the muscle to exert force during an activity. The key to making your muscles stronger is working them against resistance, whether that be from weights or gravity.**

\*Try lifting light weight or performing bodyweight exercises like, abdominal exercises, push-ups, and squats, lunges, and triceps dips.

# Flexibility



**The range of motion around a joint. Good flexibility in the joints can help prevent injuries through all stages of life.**

\*If you want to improve your flexibility, try activities that lengthen the muscles such as swimming, yoga, or a basic stretching program.

# Body Composition



**The relative amount of muscle, fat, bone, and other vital parts of the body. Body composition is important to consider for health and managing your weight.**

# Muscular Endurance



**The ability to hold a position for a sustained period of time or repeat a movement multiple times before your muscles start feeling tired.**

\*To improve your muscular endurance try activities that work your muscles. Activities include, push-up, curl-up, planks, yoga, boxing, and stair climbs.

# Cardiovascular Endurance



**The ability of your heart and lungs to work together to fuel your body with oxygen.**

\*To improve your cardiovascular endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time. Activities include walking, swimming, biking, jumping rope, jogging, and jumping jacks.