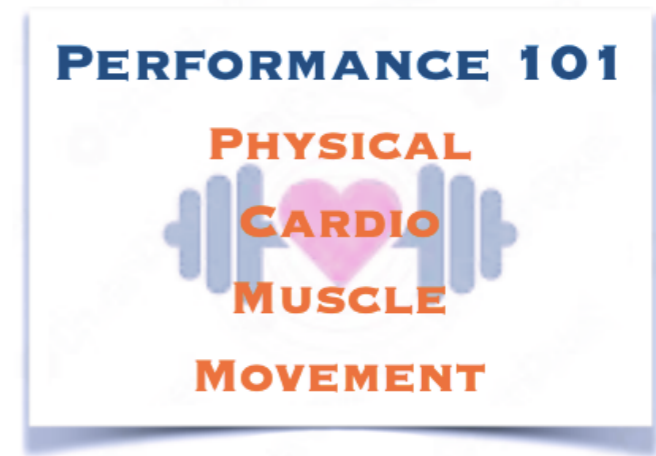


Summary:

There are 5 components to Health Related Fitness. They are all important, while some are more important than others.



**PERFORMANCE 101:
What are the components
of health related fitness?**



**body composition
flexibility/mobility
muscular strength
muscular endurance
cardiorespiratory endurance**

PERFORMANCE 101: What are the components of health related fitness?

There are five components of health related physical fitness:

These components have the most impact on your health.

body composition
flexibility/mobility
muscular strength
muscular endurance
cardiorespiratory endurance



Physical fitness is often defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity." This description goes beyond being able to walk or run fast or lift heavy weights. Despite being important these components only address single areas of fitness. You should seek out all the health related components of physical fitness.

A well-balanced exercise program should include activities that address all of the health-related components of fitness in some fashion. Some should be stressed more than others.

YOU SHOULD STRIVE TO POSSESS ALL THE COMPONENTS OF FITNESS TO CONSIDER YOURSELF PHYSICALLY FIT.

Health Related Physical Fitness: Simplified

1. Flexibility/Mobility- Pain free, Normal Range of Motion. The ability to Freely Move. Linked to Quality of life. **GOAL: INCREASE PAIN-FREE MOVEMENT ABILITY**

2. Body composition- Amount of Muscle and Fat Mass. Linked to Metabolic Health, Prevention of Disease, and Performance. **GOAL: INCREASE MUSCLE MASS AND DECREASE BODY FAT.**

3. Muscular Strength/Endurance- Muscular Strength is the ability to elicit maximal force. Muscular Endurance is ability to elicit force repeatedly. Both are typically limited to all out efforts lasting no more than 60 to 90 seconds or less. Limited by lactic acid burn and /or fatigue. **Termed ANAEROBIC - absence of oxygen GOAL: BUILD UP YOUR MUSCULAR CAPACITY TO DO MAXIMAL PHYSICAL WORK AND INCREASE MUSCLE MASS.**

4. Cardiorespiratory endurance- Physical activity that can be sustained for greater than 60 to 90 seconds. The higher the rate of activity (intensity) for longer durations linked to better health. **Termed AEROBIC - presence of oxygen GOAL: BUILD UP YOUR HEART AND LUNG'S CAPACITY TO DO SUSTAINED PHYSICAL WORK**

2-4 Linked to Metabolic Health, Prevention of Disease, and Performance

Health related physical fitness is improved through a well designed fitness program that takes into consideration all the components of fitness that can be done consistently and safely.