**5 COMPONENTS OF FITNESS**

**FITNESS**

To prepare; make ready. A combination of physical and mental attributes that allow you to: Meet the demands of everyday life and perform tasks that require **ABOVE NORMAL EFFORT.** Being physically and mentally Fit, decreases the chance of injury or bodily harm. In addition it can improve your quality of life. **There are 5 parts of  fitness:** 1)Cardiovascular Endurance, 2)Muscular Strength, 3)Muscular Endurance, 4)Flexibility and 5)Body Composition.

**C - CARDIOVASCULAR ENDURANCE**

The most important part of fitness!!! Having a well conditioned **HEART** and **LUNGS** that can supply the body with oxygen without stress to the heart is vital. We develop it by doing **Aerobic Exercise, sometimes referred to as “cardio.” Aerobic Exercise** is continuous exercise lasting **2 or more minutes**. In order to improve cardiovascular endurance, aerobic exercise should be performed at least **3** **times per week, 15-20 minutes each day.** Examples of aerobic exercise include swimming, running, biking, even shoveling snow and raking leaves. It’s always important to pace yourself when participating in **Aerobic Exercise**!

**MS - MUSCULAR STRENGTH**

The amount of **force** produced by a muscle and is necessary for activities that require above normal effort. Having poor muscular strength will increase the chance of getting hurt when doing activities that require above normal effort. To increase your muscular strength, you would perform exercises using **heavy weight** and do the exercise **3-6 times**. The muscles get stronger when they keep working past the point of **fatigue (when the muscle has very little or no energy left).** This forces the body to **adapt (muscles get used to doing something, what was hard is now easy for the muscle).** Remember it takes time to allow your body to adapt!!

**ME - MUSCULAR ENDURANCE**

The amount of **force** produced by a muscle **over a period of time.**  This is also if the muscles are doing something over and over and over. Muscular endurance is also closely related to cardiovascular endurance. Why? Because in order to perform aerobic exercise long enough (at least 15 minutes) to benefit the heart and lungs, you need muscular endurance to be able to exercise continuously for this long.  We improve muscular endurance by using **light weight** and do the exercise **at least 15 times**.

**F - FLEXIBILITY**

The looseness or elasticity (like an elastic band) of a muscle, which allows the joint to move through a full range of motion. This is USUALLY the most neglected part of fitness. Flexibility is affected by:  Gender, Age, Size and condition of muscle (tone v. bound), as well as individual level of activity. Muscles should always be warmed (by cardio) before they are static stretched, which can be done by participating in dynamic movements, light running, and even some circuit training. Poor flexibility can increase an individuals’ risk of injury, therefore anyone serious about exercise and/or sport should remember to include stretching often. Unlike other exercises, flexibility is something that can and should be worked on EVERYDAY! While stretching, it is important to stretch the muscle for a minimum of 10-12 seconds, in a position that is challenging for the muscle.

**BC - BODY COMPOSITION**

The percentage of body fat compared to **lean body tissue**. Lean body tissue is: muscle, bone, water & organs. Can be a health problem if body fat percentage is not in the **5-30%** range. Scale weight means nothing unless you know your percent body fat, don’t be mis-lead by height/weight charts, they are very inaccurate. Body composition can be improved by regular participation in exercise and eating a healthy diet, including eating the right “amount” of food, known as “portion control.”