

Components of Fitness



CARDIORESPIRATORY ENDURANCE

Our ability to perform an activity, with our heart rate elevated, for a certain amount of time.



MUSCULAR STRENGTH

Our ability to exert force during an activity.



FLEXIBILITY/MOBILITY

The range of motion around our joints.



MUSCULAR ENDURANCE

The ability of our muscles to continue to perform an activity without fatiguing.



CARDIORESPIRATORY ENDURANCE

Our ability to perform an activity, with our heart rate elevated, for a certain amount of time.



Heart Rate

Anytime we get our bodies moving we elevate our heart rate.

You are probably completing some type of cardiorespiratory endurance on a daily basis and don't even know it!

The best type of cardiorespiratory exercise is dependent on the person.

It's okay to start short and slow!

OTHER EXAMPLES OF CARDIORESPIRATORY ENDURANCE



Biking



Elliptical

Golf

(if you walk
the course!)



Seated
Cardio

Swim

Dance



...and
MANY
more!



EXAMPLE AT HOME EXERCISE

March in Place



No equipment necessary!

Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart.

Bring your right elbow forward at the same time as you bring your left knee up. Repeat on the other side!



EXAMPLE AT HOME EXERCISE

EASIER!

Chair March



Use a chair to march!

Sit with your feet flat on the floor and your arms bent at your side.

Bring the left foot up off the floor and your right hand up to your chin.

Return your foot to the floor and hand to your side.

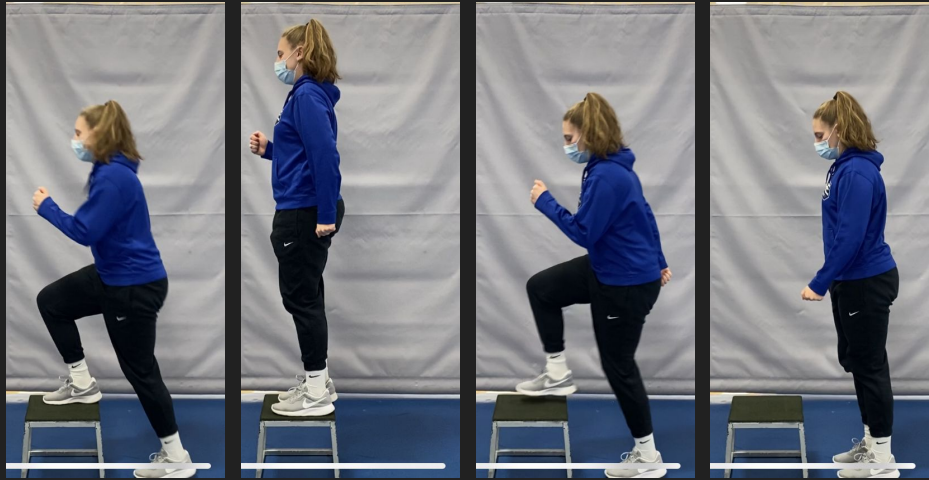
Repeat on the other side!



EXAMPLE AT HOME EXERCISE

HARDER!

Step-Up



Use a stool or a stair!

Step up with the right foot, pressing through the heel to straighten your right leg.

Bring the left foot to meet your right foot on top of the step.

Bend your right knee and step back down with the left foot.

Bring the right foot down to meet the left foot on the ground.