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Health Components of Fitness Notes

*Directions:* *At each station, gather the information requested for each component of fitness*. Then try the “Challenge” activity afterward. 

**Cardio-respiratory Endurance**

Description: how well the heart and lungs work to supply oxygen and nutrients to the muscles during sustained physical activity

\*Should be rhythmic, nonstop movement

Benefits: strengthens heart/lungs; keep arteries clear; boosts mood; manages weight; strengthens immune system; reduces risk of chronic diseases like diabetes, cancer, high blood pressure, heart disease, etc.

Exercises that help build it: jogging, biking, swimming, hiking, basketball, soccer (or any other sustained movement for 30 mins or more!)



**Muscle Endurance**

Description: the ability to continually use a muscle overtime or for an extended amount of time.

Benefits: improves stamina for everyday activities, important in sports for performance, improves bone health, less prone to injury

Exercises that help build it: weight training, resistance training, yoga, biking, running, etc.

**Flexibility**

Description: the ability of a joint to move in its full range of motion

Benefits: reduces chance of injury, brings blood flow back to muscle to reduce soreness in between workouts, helps performance in sports

Exercises that help build it: stretching, yoga, pilates, dance, , often incorporated in martial arts, gymnastics, etc.