

# PHYSICAL FITNESS

## Health Related Components

*Those factors that are related to how well the systems of your body work. There are 5 factors in this aspect.*

### **CARDIOVASCULAR ENDURANCE**

The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.

### **MUSCLE STRENGTH:**

The amount of force that can be produced by a single contraction of a muscle.

**BODY COMPOSITION:** The relative percentage of body fat compared to lean body mass (muscle, bone, water, etc)

**FLEXIBILITY:** The ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split)

**MUSCLE ENDURANCE :** The ability of a muscle group to continue muscle movement over a length of time.