

5 Health-Related Components of Physical Fitness

These five components are the measure by which you are considered physically fit and your exercise program should address each component.

1. **Cardiovascular Endurance** - Cardiovascular or "Cardio" is aerobic physical activities that last longer than 90 seconds. Cardiovascular endurance deals with the efficiency of your body's (heart, lungs and vascular system) ability to transfer oxygen rich blood to your working muscles during activities that last longer than 90 seconds.
2. **Muscular Endurance** - Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time. In the weight room this would be lifting low weight with high repetitions (greater than 6).
3. **Muscular Strength** - The ability of your muscles to exert force (push or pull) one time. In the weight room this would be lifting heavy weight with low repetitions (lower than 6). Also, activities done with maximum effort, intensity, and for a short period of time such as sprints or plyometrics work your muscular strength.
4. **Flexibility** – Flexibility is the ability of a joint to move through a full range of motion.
5. **Body Composition** - Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones, organs etc.) Body composition is a result of your overall exercise, eating, and lifestyle patterns or behaviors.

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