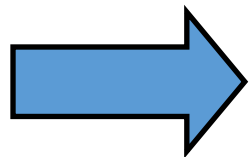


CARDIOVASCULAR ENDURANCE

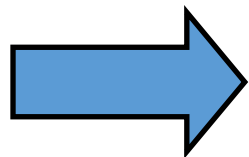
Definition: *The ability of the heart, lungs and blood to transport oxygen to and remove carbon dioxide from your working muscles during sustained exercise.*



Each health related component of fitness enables us to complete everyday tasks such as this!

MUSCULAR ENDURANCE

Definition: *Muscular endurance is your muscles ability to perform repetitive motions lengthening and contracting without becoming fatigued.*

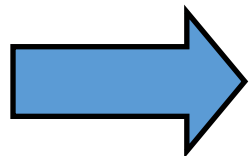


Can you think of any more examples for each health related component of fitness?

MUSCULAR STRENGTH

Definition: *Muscular strength is the ability of a muscle to apply force to overcome resistance*.*

*Resistance can be body weight or an external object.

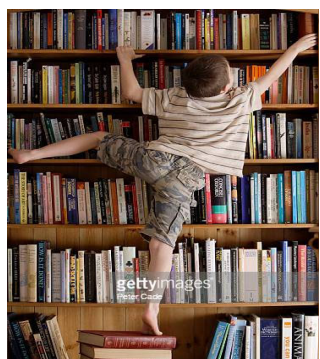
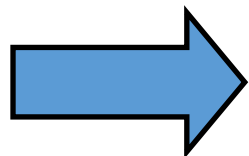


The more we train our bodies to improve in these areas the better our body can cope with the demands of everyday life and helps us to avoid medical conditions such as reoccurring injuries as arthritis.

MOBILITY & FLEXIBILITY

Definition: *Mobility is the ability to move freely and easily with control.*

Flexibility refers to increasing the length of a muscle and range of movement at a joint.



Can you think of the negative affects on our life if we do not develop our health related components of fitness.

BODY COMPOSITION

Definition: *Body composition is the amount of fat mass compared to lean muscle mass, bone and organs in our body.*

Body composition can influence the type of personal training we do.

Aerobic and anaerobic	Anaerobic exercise is any activity that breaks down glucose for energy without using oxygen. Aerobic exercise means “with oxygen.” Your breathing and heart rate will
Rate of Perceived exertion (R.P.E)	The Borg Rating of Perceived Exertion (RPE) is a way of measuring physical activity intensity level. Perceived exertion is how hard you feel like your body is working
Flexion and Extension	Extension - Describing a straightening movement that increases the angle between body parts. Flexion - Describes a bending movement that decreases the angle between body parts.
Endurance	Endurance refers to your body’s physical capability to sustain an exercise for an extended period
Fatigue	Fatigue refers to a mental or physical state of extreme tiredness and lack of energy.
Set	Completing several reps of a specific exercise in a row is called a set.
Repetition	Repetitions are the number of times you complete a single exer-
Push and Pull	Push - When force moves an object away from something, that is a push. Pull - When force brings an object closer, that is a pull.