

Fitness: It's 5 Components

5 Components of Fitness

1. Cardiovascular Fitness
2. Flexibility
3. Muscular Strength
4. Muscular Endurance
5. Body Composition



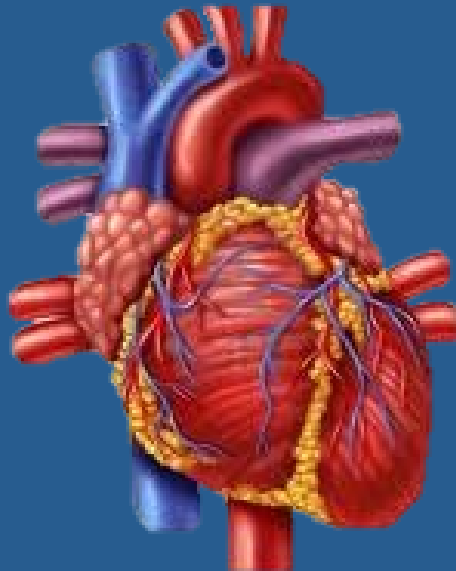
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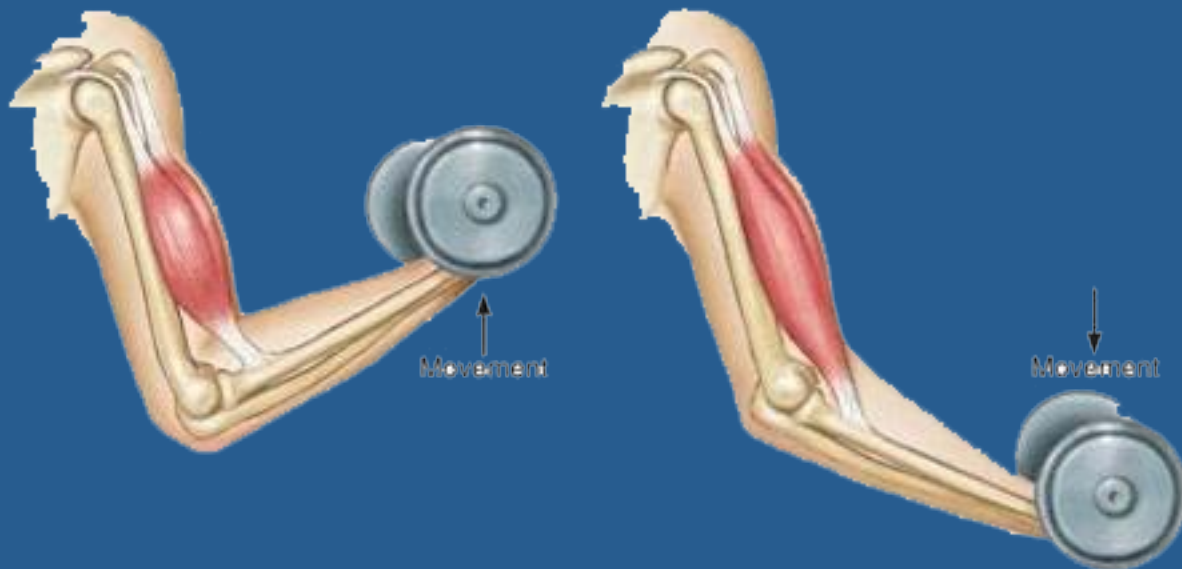
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1. Cardiovascular Fitness is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activities.



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2. Flexibility - Flexibility is the degree to which an individual muscle will lengthen along with the range of motion of your muscles and joints.



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3. Muscular Strength - Muscular strength is the amount of force a muscle or muscle group can exert against a moderate to heavy resistance.



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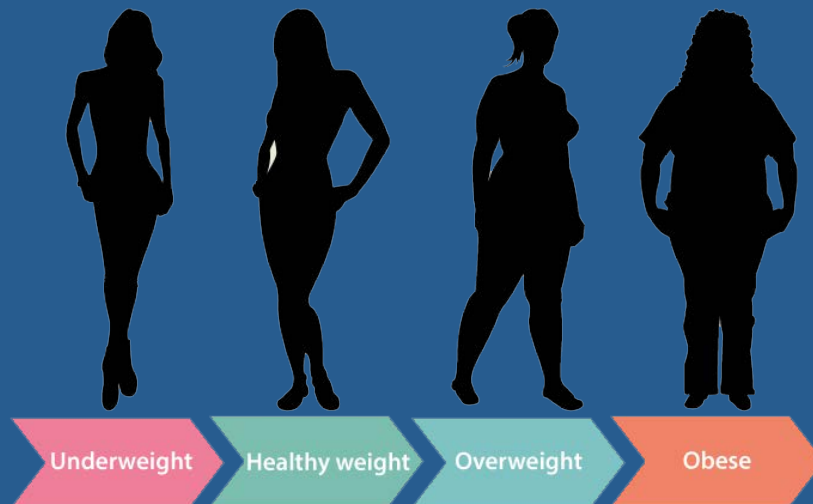
4. Muscular Endurance – Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.



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5. Body Composition – Body composition is a person's body type in regard to their height, weight, BMI, waist to height ratio, body shape comparison and body fat %.

BMI: Your Health Index



Important

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All the components are important on their own but each affects the others as well.

Because of this, it is important to focus on improving all components of fitness



Ways to Improve and Examples of Each Component

- **Cardiovascular Fitness** – You can improve your CVF by doing aerobic types of activities while in your **Target Heart Rate**.
- Running, biking, swimming, x country skiing, dancing, ultimate frisbee, competitive basketball, tennis, and soccer.



Ways to Improve and Examples of Each Component

- **Flexibility** – You can improve your flexibility by stretching, lifting weights through a full range of motion, yoga and by living an active lifestyle. Flexibility indicators include a sit-and-reach test, and trunk lift.



Ways to Improve and Examples of Each Component

- **Muscular Strength** - Muscular strength is developed by doing low reps (1-5) and using high weight. To increase strength, activities need to be done with maximum effort, intensity, for a short period of time, and are usually anaerobic in nature.



Ways to Improve and Examples of Each Component

- **Muscular Endurance** - Muscular endurance is developed by doing high reps (6 or more) & low weight and is done over a longer period of time, at a consistent pace, and aerobic in nature. Many of the same activities that improve CVF also improve endurance.

Ways to Improve and Examples of Each Component

- **Body composition** – Body composition is based on a number of factors including heredity/genes, diet, and a person's activity level. We can't change our heredity/genes but we can control our diet and activity level.

