

## Health Related Fitness

It involves exercise activities that you do in order to try to improve your physical health and stay healthy, especially in the categories of cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition. We already know that benefits come when you prioritize physical fitness. The trick here is understanding what, exactly, "fitness" is and how you can go about achieving it. There are 5 components of Health-Related Fitness: Cardiovascular Endurance, Muscular strength, Muscular endurance, Flexibility and Body composition.

Cardio vascular endurance – it is the ability to exercise the entire body for long periods of time. This requires a strong heart, healthy lungs, and clear blood vessels to supply the body with oxygen.

Examples of exercises

- Dancing
- Jump rope
- Boxing

Muscular Strength – it is the amount of force you can put forth with your muscles. It's often measured by how much weight you can lift.

Examples of exercises

- Push-ups
- Lifting weights
- Climbing stairs

Muscular endurance – it is the ability to use the muscles, which are attached to the bones, many times without getting tired. The people with good muscular endurance are likely to have better posture, have fewer back problems, and be better able to resist fatigue than people who lack muscular endurance.

Examples of exercises

- Plank
- Body Weight Squats
- Sit-ups

Flexibility – this is the ability to use your joints fully. You are flexible when the muscles are long enough and the joints are free enough to allow movement.

Examples of exercises

- Standing Squat stretch

- Seat Stretch
- Forward lunges/ side lunges

Body composition – this is the percentage of body weight that is fat compared to other body tissue, such as bone and muscle.

Examples of exercises

- Burpees
- Weighted squat jump
- Explosive lunge jump