

BLOCK 10

Meaning Health Related Fitness
Identify and Define
Give 3 example exercises each

Health-related physical fitness refers to the functionality of heart, lung, blood vessels, and muscles that are closely related to health. it includes cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition.

Reference: <https://medical-dictionary.thefreedictionary.com/health-related+physical+fitness>

Exercises involved:

1. Cardiorespiratory endurance: High Knee, Jump Rope, Squat Jump
2. Muscular Strength: Sit-ups, Push-ups, Lifting weights
3. Muscle Endurance: Walking lunges, squats, planks
4. Flexibility: Side lunges, standing quad stretch, forward lunges