

4 COMPONENTS OF FITNESS



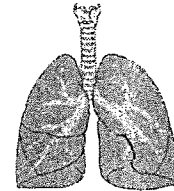
Running



CARDIORESPIRATORY ENDURANCE

(12 minute run, beep test)

Efficiency of heart, blood vessels and lungs delivering oxygen to the muscles and removing wastes (heart and lungs are in good shape and are able to supply your muscles with lots of oxygen)



Cross Country
Skiing

Walking

Swimming

Why?.....

How?

Participation in aerobic activities (running, cycling, swimming)

Recreational Activities (soccer, ultimate)

Large muscle groups

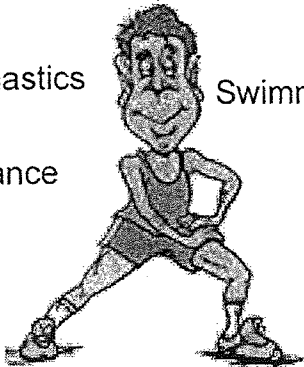
- - stronger heart (lower resting HR - less beats, more blood, faster recovery)
- increase stamina, increase energy, sleep better
- reduce the risk of diseases (heart disease, lung cancer, type 2 diabetes, stroke, obesity and many other sicknesses)

FLEXIBILITY (sit and reach)

Gymnastics

Swimming

Dance



Range of motion possible at the joints (means that you can move your muscles/joints throughout their "full range of motion")

Why?....

- reduce injury, muscle soreness, helps prevent lower back pain
- bend and move more easily; improves circulation
- improves posture, balance, athletic performance

How?

dynamic stretching

static stretching

yoga

cycling

sports (soccer, basketball etc)



running



push ups/sit ups etc.

weight training (high reps/low wt)

How?

progressive resistance training (free weights, body weight, machines)

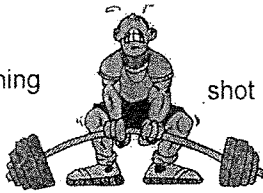
low wt/high reps

circuit training; upper/lower body

ME activities

core exercises

weight training



shot put

javelin

How?

progressive resistance training (free weights; machines)

high wt; low reps

circuit training; upper/lower body

MUSCULAR ENDURANCE

(push ups, sit ups, plank)

The ability of a muscle group to sustain or repeat muscle contractions (means that your muscles are strong enough to move for long periods of time).

Why?....

- toned/defined muscles
- increased metabolism
- improve athletic performance
- fewer injuries; prevents back pain
- improved stamina; reduces fatigue

MUSCULAR STRENGTH (medicine ball thrust; maximum bench press)

Amount of force that be can exerted by a single contraction of a muscle

Why?...

- reduces fatigue
- prevents injuries; prevents back pain
- strong muscle fibres/tendons
- improve athletic performance
- increases metabolism
- improve posture

WARMING UP AND COOLING DOWN

Why Warm Up?

Physiological Reasons Why:

- ✓ Helps the body/muscles to perform effectively by:
 - > slowly increasing muscle temperature and blood flow
 - > prevents injury
 - > alerts the individual of potential problems
 - > reduces the risk of exercise-related heart problems
 - > prevents/reduces muscle soreness/stiffness (LA build up)



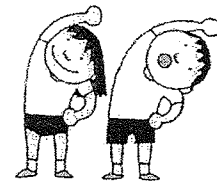
Warm Up for Weight Training:

- > light aerobic activity (4-7 min)
- > dynamic/static stretches (every muscle especially those being worked)
- > first set of each muscle group that is being worked on - start off with light wt/high reps



For All Types of Exercise, Your warm up should:

1. increasing body temperature
2. dynamic/static stretching
3. Get you psychologically tuned to what your body will be doing



Do Not Forget to Cool Down!

Cool Downs are just as important as warm ups (5-10 min)

- walk around/low intensity aerobic activities
- followed by some light stretching



★ This is the best time to stretch (all of your muscles are really warm)

- Recovery is quicker
- Slowly lowers heart rate and body temperature
- Prevent post-exercise dizziness and/or fainting (since there is a large volume of blood returning to the heart after a vigorous workout - stopping an activity suddenly can lead to pooling of blood in the veins of your arms and legs - this can interfere with circulation to the heart, brain and skeletal muscles)