

### Five components of physical fitness

<p><b>Muscular strength:</b></p>	<p>Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.  <i>Examples of exercises: Push Ups, Pull Ups, Weightlifting</i></p>
<p><b>Muscular endurance:</b></p>	<p>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. Both aerobic exercise and anaerobic exercise can improve muscular endurance.  <i>Examples: Sit ups, bicycling, weight lifting, soccer</i></p>
<p><b>Flexibility:</b></p>	<p>Flexibility is the degree to which an individual muscle will lengthen.  <i>hurdler stretch, sit and reach</i>  <i>Exercises: Shoulder stretch, quad stretch, trunk lift.</i></p>
<p><b>Body composition:</b></p>	<p>Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones, organs, etc)  <i>Examples: Height/weight, nutrition, daily exercise</i></p>
<p><b>Cardiovascular endurance:</b></p>	<p>Cardiovascular fitness (also known as cardio respiratory fitness)          Is the ability of the heart, lungs, and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.  <i>Examples: Running a mile, PACER, swimming, bicycling, playing sports</i></p>