

5 Components of Physical Fitness

- **Cardiovascular Endurance** - this component assesses how well the heart and lungs work in unison to provide the needed oxygen and blood to the body during sustained workloads. The lungs bring oxygen to the blood and the heart pumps the oxygen rich blood to the muscles and other systems of the body. Jogging, cycling and swimming and aerobics are all examples of exercises that increase cardiovascular endurance.
- **Muscular Strength** - this component assesses the ability of the muscles to lift weight. Weight training including the bench press, push up and bicep curl are all examples of exercises used to determine muscular strength. This component is the one that is most often considered when we think of being fit or in shape.
- **Muscular Endurance** - this component will test the muscles' ability to perform repeated exercises without tiring, in other words, how long you can work a particular set of muscles. Running, cycling, elliptical machines as well as repetitive exercise (calisthenics) are all examples of muscular endurance.
- **Flexibility** - this component tests the ability of all of the joints in the body to move through the full range of motion for each particular joint. Yoga, pilates and stretching exercise are examples of flexibility.
- **Body Composition** - this component takes into account your "body type" that is, height, weight, frame size and the proportion of fat mass compared to lean muscle mass. Underwater weighing is the most accurate way to test body fat.