**Body Composition**

The high ratio of lean tissue to fat tissue in the body.

**Cognitive Challenge:**

List 5 lifestyle-related choices you can make to ensure you maintain a healthy body composition.

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**Cardiorespiratory Endurance**

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

**Cognitive Challenge:**

****List 5 physical activities that you can enjoy with friends and family that contribute to good cardiorespiratory endurance.

**Flexibility**

The ability to bend and move the joints through the full range of motion.

**Cognitive Challenge:**

List 5 reasons why it’s important to maintain flexibility throughout a lifetime.

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**Muscular Endurance**

The ability of a muscle to continue to perform without fatigue.

**Cognitive Challenge:**

List 5 physical activities that require good muscular endurance.

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**Muscular Strength**

The maximum amount of force a muscle can produce in a single effort.

**Cognitive Challenge:**

****List 5 physical activities that require no specialized equipment and can help improve your muscular strength.