

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.

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.

Muscular Endurance

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

Cognitive Challenge:

List 5 physical activities that require good muscular endurance.

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.