5 Components of Health-Related Fitness: Characteristics that contribute to a person’s overall well-being.

1. Muscular Strength: Maximum force that a muscle can produce.

2. Muscular Endurance: The ability of a muscle to continue to perform without fatigue.

3. Aerobic Capacity: The ability of the body to take in, transport, and use oxygen during physical activity.

4. Flexibility: The ability of bone and attached muscles to move through the natural range of motion provided by a skeletal joint.

5. Body Composition: The ratio of lean tissue to fat tissue in the body.

5 Food Groups: Categories of foods that are similar in the type nutrition they provide.

1. Fruits: Sweet, edible parts of trees and plants.

2. Vegetables: Edible parts of plants which can include roots, leaves, and flowers.

3. Grains: Foods made with the harvested seeds of grass plants.
4. **Protein**: Foods that provide a significant source of protein such as meat, beans, eggs, soy, nuts, and some seeds. Some proteins also fit into the vegetable group.

5. **Dairy**: Foods, primarily made from milk products, that provide a significant source of calcium. Milk products that have little or no calcium are not in the Dairy Group.

⇒ **The FITT Principle**: Four elements needed for a comprehensive fitness plan.

1. **Frequency**: The rate that something is repeated over time. How often it happens.

2. **Intensity**: The amount of sustained effort used during physical activity.

3. **Time**: The duration of a single session of physical activity.

4. **Type**: The activity category associated with an activity (aerobic, strength, flexibility, mindfulness).

⇒ **Water**: A colorless, transparent liquid that forms the basis of the fluids that are required for life. Water is not a food group but is important to consider when looking at a person’s nutritional needs.