

AEROBIC CAPACITY

The body's ability to take in, transport, and use oxygen during vigorous physical activity.



EMOTIONAL CAPACITY

The ability to regulate emotions during potentially stressful events.



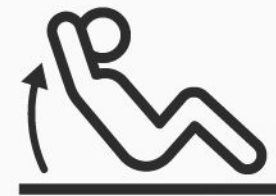
MUSCULAR ENDURANCE

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



EMOTIONAL ENDURANCE

The ability to stay focused on personal or group goals in the face of challenge.



MUSCULAR STRENGTH

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



EMOTIONAL STRENGTH

The ability to lift up and support others during times of emotional pressure.



FLEXIBILITY

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



EMOTIONAL FLEXIBILITY

The ability to compromise with others in an effort to support a common goal.



BODY COMPOSITION

Measurement of the percentage of fat, muscle, water, and bone found in the human body.



EMOTIONAL COMPOSITION

The ability to mindfully reflect on personal reactions to positive and negative feelings.

