



# FITNESS FACTS

Isabella, Kathryn, Jeremy  
Technology Communications

# Physical Activity

\*\*\*\*Regular physical activity is an important part of getting healthy and staying healthy.\*\*\*\*



# Elements of fitness

\*Endurance

\*Strength

\*Flexibility



# Endurance

Endurance develops when you regularly get aerobic activity.

\*During aerobic exercise, the heart beats faster and the person breathes harder.

\*Examples-push ups, stomach crunches, pull-ups



# Strength

Strength-any exercise to help tone and strengthen muscles.

\*Doesn't mean lifting weights

\*Examples- stomach crunches, push ups, pull ups



# Flexibility

---allowing muscles and joints to bend and move easily through their full range of motion.

\*Stretching exercises improves this



# Exercise

Exercise boosts your brainpower and helps your mental function.



# Active

Being active decreases stress and increase happiness in every part of your life.





# Energy



Exercise give you **ENERGY**

\*Endorphins released into your bloodstream during exercise makes you feel much more energized the rest of your day.

\*Once your body adjusts to exercise; you'll have more energy than ever.

# Accumulate

The average human should accumulate 30 to 60 minutes of exercise to be healthy and fight off disease.



# Exercise

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis, (bone loss), and loss of muscle mass. It also helps ease some aspects of the aging process.

