FITNESS FACTS

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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.

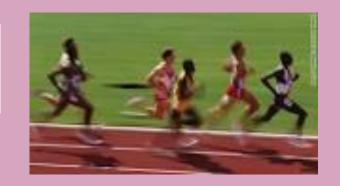


Active

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, arthritas, osteoporosis, (bone loss), and loss of muscle mass. It also helps ease some aspects of the aging process.