

Take Five for Fitness!

Physical **health** is one of health's five **dimensions**. Fitness is part of physical health. Fitness has five health-related fitness components. Each **component**, or part, is equally important. Let's review all five, as well as fun activities in each.

1. Cardiorespiratory Endurance

Cardio is a prefix meaning "heart". **Respiratory** is related to breathing. You breathe in oxygen. Then the lungs exhale **carbon dioxide**, a gas. **Cardiorespiratory endurance** is the heart, lungs, blood vessels, and blood's ability to send fuel and oxygen to the body's tissues for use during long periods of moderate to vigorous activity. **Moderate** means 'within proper limits'. **Vigorous** means 'using a lot of energy'. These words measure intensity. **Intensity** is the amount of energy or resistance you use in an activity.

Cardiorespiratory fitness is also called aerobic fitness. **Aerobic** means oxygen use by the body.

- Soccer
- Skipping rope

2. Muscular Endurance

Muscular endurance is the ability of the muscles to perform physical tasks over a period of time. If you have endurance, you don't fatigue easily. **Fatigue** means being physically or mentally tired.

- Soccer
- Rock climbing

3. Muscular Strength

Muscular strength is the ability to use force against a resistance. **Force** is the effort used to move an object. **Resistance** is a force that slows motion.

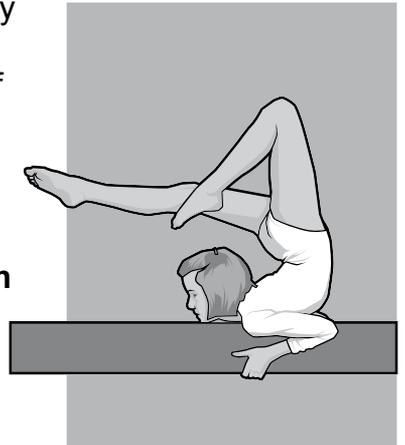
- Rock climbing
- Tug-o-war



4. Flexibility

Flexibility is the ability to move the joints through a full range of activity.

- Martial arts
- Twister®



5. Body Composition

Body composition is the amount of muscle, bone, organs, and fat in a body. This component is the result of proper exercise and good nutrition. To get great body composition, exercise, be physically active daily, and develop good nutritional habits. Good nutritional habits come from eating plenty of fruits, vegetables, grains, and some meat and dairy.

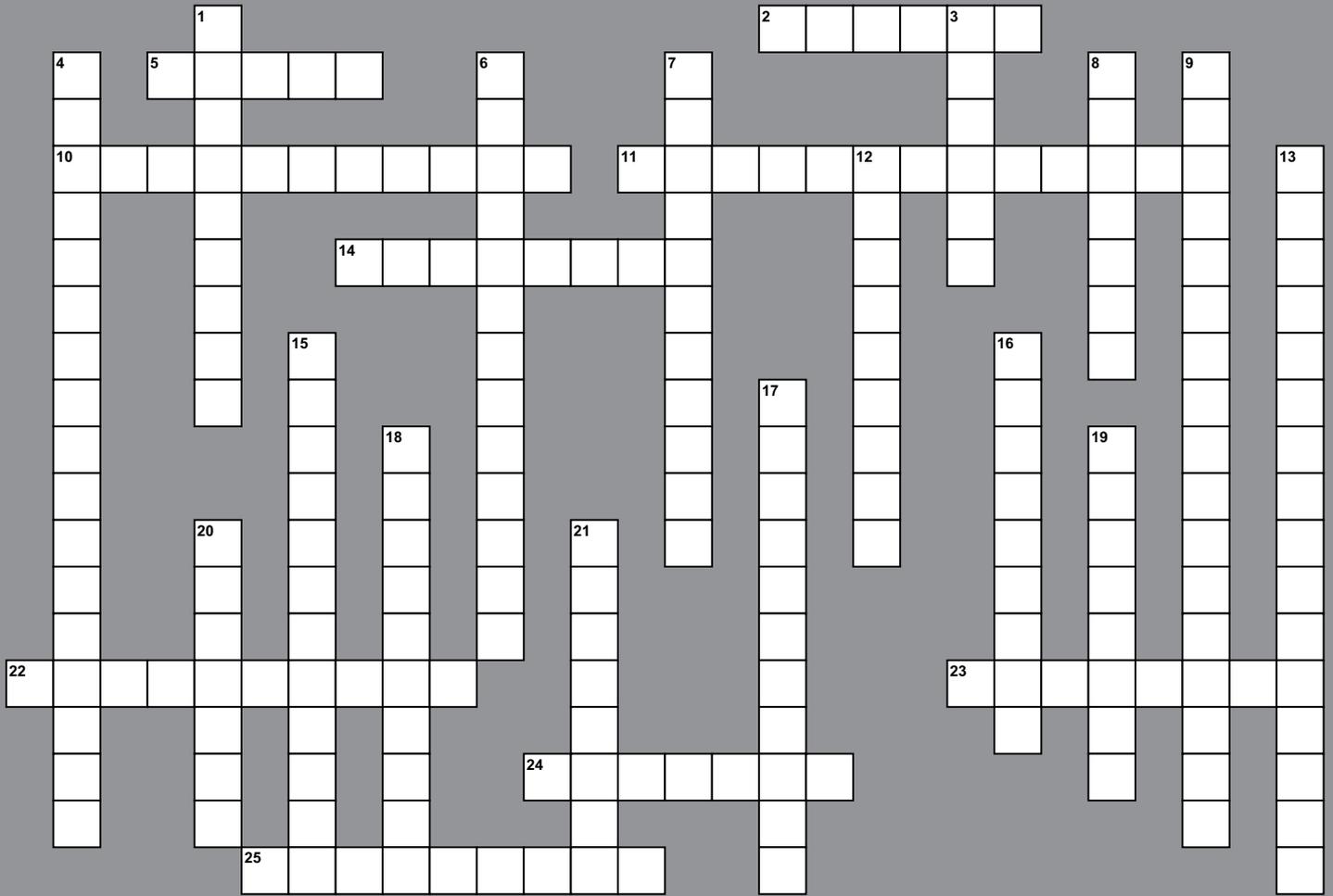
Health-related **fitness** means having a strong heart and lungs, muscles that work well over time, and a body that easily bends and twists.

Goal setting will help you plan for the great results that now you can achieve!

Aerobic activity is the right intensity if you can talk, but not sing...so save the show tunes for the shower!



Be wise! Reading non-fiction is a smart idea. Suggested readings: P. 39, P. 52.



ACROSS

- 2** A thoughtful suggestion. P. 118.
- 5** Effort used to move an object.
- 10** Related to breathing.
- 11** The body's main source of energy from sugars found in grains and vegetables. P. 33.
- 14** The energy found in food. P. 33.
- 22** Drugs that speed up body systems. P. 71.
- 23** Within proper limits.
- 24** Oxygen use by the body.
- 25** The amount of energy or resistance.

DOWN

- 1** Part of an object.
- 3** Prefix meaning "heart".
- 4** _____endurance: Heart, lungs, blood vessels, and blood's ability to use and send fuel and oxygen to the body's tissues during long periods of moderate to vigorous activity.
- 6** Gas exhaled by the lungs. (2 words.)
- 7** Planning for a result that can be achieved. (2 words.)
- 8** Physically or mentally tired.
- 9** The ability of the muscles to perform physical tasks over a period of time. (2 words.)

- 12** Drinking water to keep enough fluids in the body for health. P. 33.
- 13** The ability to use force against a resistance. (2 words.)
- 15** Using a situation unfairly for gain. P. 71.
- 16** Having a powerful desire that is hard to resist. P. 71.
- 17** The ability to move and bend your body easily.
- 18** A force that slows motion.
- 19** Careless or foolish. ★
- 20** Not doing what you are asked to do. P. 71.
- 21** Healthy food. P. 33.

Parent/Guardian signature:

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Date Due:



1. By eating healthy foods and exercising regularly you will improve your:

- A. Muscular endurance
- B. Muscular strength
- C. Flexibility
- D. Body composition

2. Bike riding helps develop:

- A. Muscular endurance
- B. Muscular strength
- C. Flexibility
- D. Body composition

3. Discuss the importance for including each of the five components of health-related fitness.

The Healthy Habits Weekly Challenge

(See P. 106 – 107.)

A. Drink 5 – 7 glasses of water at least five days a week. (1 point for each day. I earned _____)

Write in the number of glasses of water you drank each day:

M	T	W	Th	F	S	Su
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B. Eat a fruit **and** vegetable at least once a day, five days a week. (1 point for each day. I earned _____)

Write in the number of fresh fruits and vegetables eaten each day:

M	T	W	Th	F	S	Su
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C. Have a healthy breakfast at least five days a week. (1 point for each day. I earned _____)

M	T	W	Th	F	S	Su
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D. Do 60 minutes of aerobic activity at least five days a week. (1 point for each day. I earned _____)

M	T	W	Th	F	S	Su
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Total points earned this week: _____