

# Health Related Fitness Components

– a relative state of being. The development and maintenance of health-related fitness is a function of physiological adaptation to increased overload.

- **Body Composition** – the proportion of lean body mass to fat body mass.
- **Cardiovascular Endurance** – the ability of the heart, lungs, and vascular system to supply oxygen and nutrients to the muscles during activity.
- **Flexibility** – the ability of the various joints of the body to move through their full range of motion.
- **Muscular Endurance** – the ability of the muscles to exert force for an extended period of time.
- **Muscular Strength** – the ability of the muscles to exert one maximum effort.