



FIT for LIFE

The 5 Components of
Fitness

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints



FLEXIBILITY

****Flexibility refers to the range of motion for a given joint****

-Stretching is a form of exercise that can lead to an increase in flexibility.-

-Static stretching involves slowly stretching a muscle to its end position and holding it for a short period of time.-

-Most of the recent research suggests that static stretching right before playing a sport or exercising can impair performance, such as reducing jumping height, lowering muscular strength and power, and slowing sprint time.-

How to Increase Your FLEXIBILITY

The ACSM recommends stretching three times a week.

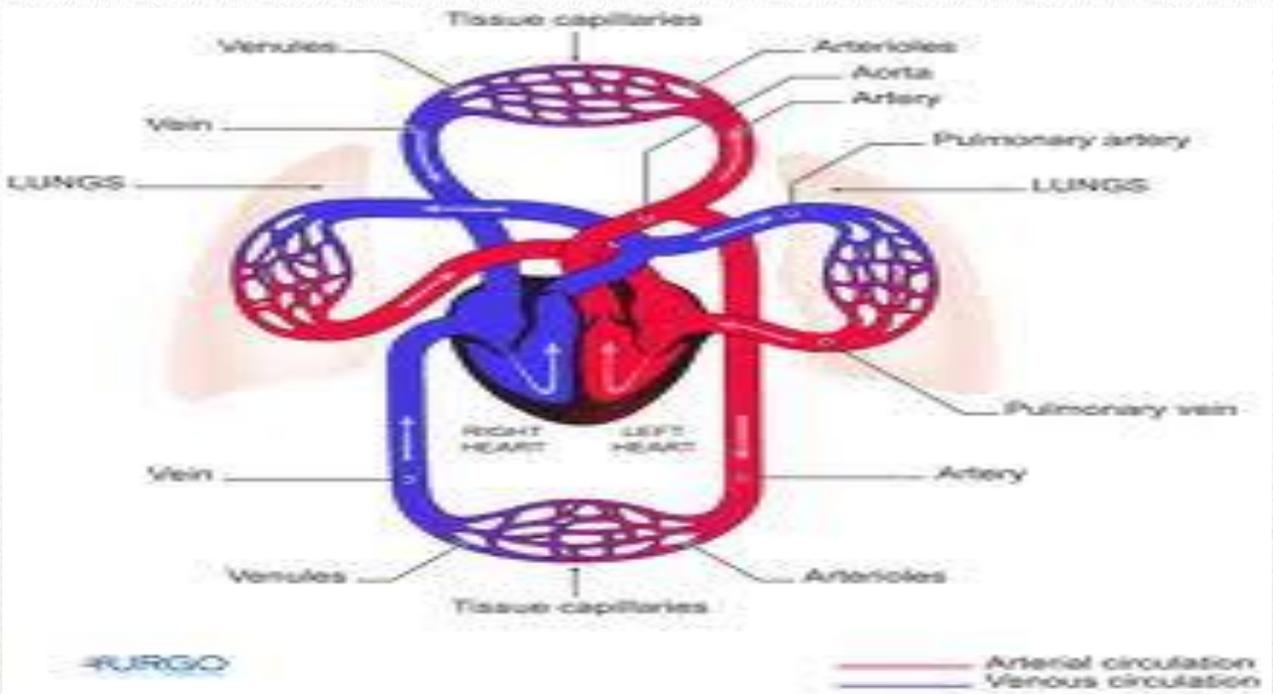
Stretching should be done after cardio or weight training when the muscles are more pliable.

3 Types of Stretching Used to Increase Flexibility:

Static: technique where the muscle is slowly stretched

PNF: much longer stretching session when compared to the other types. It requires a partner's help to utilize this technique.

Dynamic: Is in movement. Is done for more than two seconds and is done without stopping the movement.



CARDIOVASCULAR ENDURANCE

is the most important aspect of fitness. It is basically how strong your heart is, which can potentially add years to your life.

The heart is the most important muscle in the human body and if it is kept healthy then you can avoid numerous health problems.

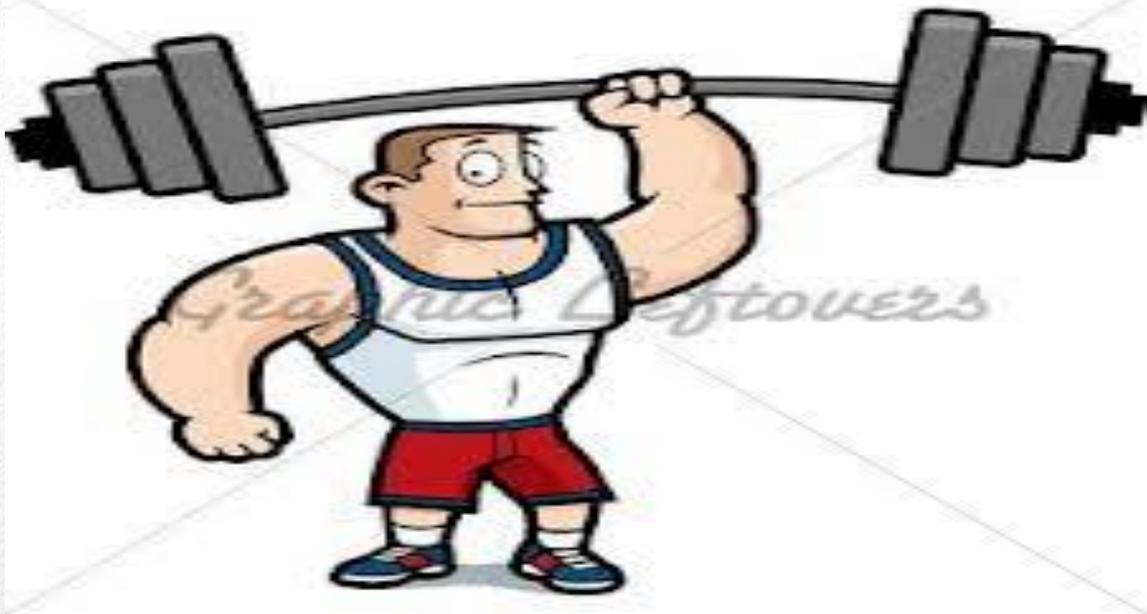
Another reason that cardiovascular endurance is important is because your heart controls the oxygen flow to all your muscles - meaning cardiovascular health has a direct impact on your performance, both endurance and strength wise.

How to Increase Your **CARDIOVASCULAR** **ENDURANCE**

- * Running/Jogging
- * Bicycling
- * Swimming
- * Brisk Walking
- * Rollerblading
- * Calisthenics (jumping jacks, running in place, etc.)
- * Aerobics Classes
- * Elliptical Trainer
- * Stair Stepper/Climber
- * Stationary Bike

All of the activities listed above are great for cardiovascular training, and each of them can be used in one of four ways to increase your level of cardiovascular endurance:

1. Increase the amount of time spent doing the exercise
 2. Increase the intensity level at which you do the exercise
 3. Do a variety of different exercises
 4. Practice interval training
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MUSCULAR STRENGTH

- Muscular strength is generally defined as the ability to generate force at a given velocity of movement.
 - The fundamental purpose of [skeletal muscle](#) is the generation of force, either to stabilize and balance the skeleton or to produce movement.
 - Factors that can affect muscular strength include age, sex and level of physical conditioning. From day to day, strength levels can be influenced by nutrition, sleep, one's state of mind and even the time of day.
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How to Increase Your MUSCULAR STRENGTH

1. STRETCH before and after training sessions. Trainers are fond of saying, “*A long muscle is a strong muscle,*” and for good reason. The more flexible your muscle is, the more room it has to stretch and contract, leading to a better workout.
 2. Lift a medium-heavy weight with 6 to 8 repetitions per set. Developing muscle strength is a combination of increasing muscle bulk and muscle endurance. As your muscle grows, it will become stronger.
 3. Use a good lifting technique. Most gyms offer the advice of a professional trainer when you [sign up](#). By correctly positioning your body when you lift, you isolate the muscle, working it exclusively, while reducing the risk of injury to other parts of your body.
 4. Exhale as you lift the weight and inhale slowly as you release it.
 5. [Drink](#) plenty of water. Seventy five percent of your muscle is comprised of water and 20 percent is protein.
 6. Spread out your [meals](#) over the course of the day. Instead of eating three big meals, consider eating five or six smaller ones.
- Read more: [How to Increase Muscle Strength | eHow.com](http://www.ehow.com/how_2276311_increase-muscle-strength.html#ixzz2LYxYtjYE)
http://www.ehow.com/how_2276311_increase-muscle-strength.html#ixzz2LYxYtjYE
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MUSCULAR ENDURANCE

The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

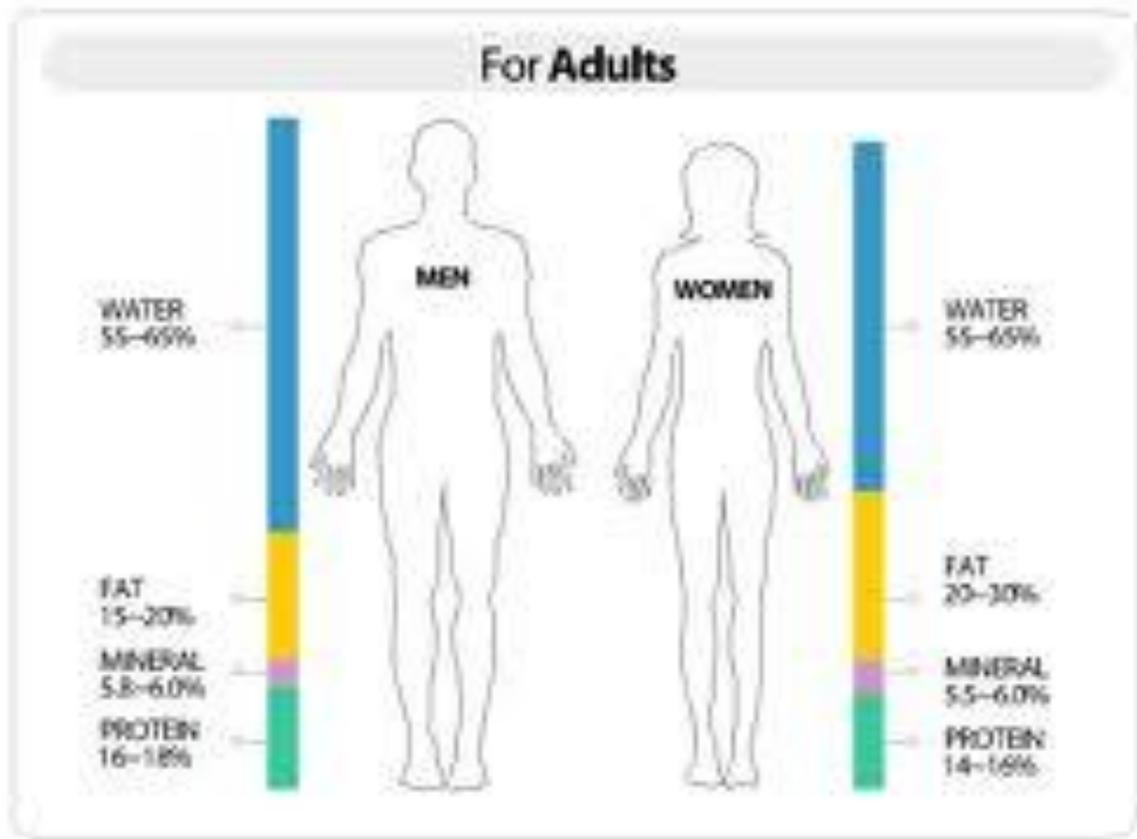
Muscular endurance differs from muscular strength which is a measure of how much force you can exert in one repetition such as maximum weight, one-repetition bench press. You exhibit muscular endurance when you lift a light weight for dozens of repetitions

How to Increase Your MUSCULAR ENDURANCE

1. Choose the muscle groups you want to increase endurance in. Select exercises that correspond to working those specific muscles.
2. Select a moderate weight load. You should choose a weight that allows you to complete 15 to 25 repetitions. If you can easily go beyond 25 repetitions the weight is too light, and if you cannot make it to 15 reps the weight is too heavy.
3. Target the specific muscle groups every two to three days.

Read more: <http://www.livestrong.com/article/165436-how-to-increase-muscular-endurance/#ixzz2LYylSxF2>

- Push-ups
 - Squats & Lunges
 - Martial Arts & Boxing
 - Sit-ups
 - Tricep Dips
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BODY COMPOSITION

-Body composition is the body's relative amount of fat to fat-free mass. Those with optimal body composition are typically healthier, move more easily and efficiently, and in general, feel better than those with less-than-ideal body composition. Achieving a more optimal body composition goes a long way toward improving your quality of life and overall wellness.

How to Increase Your **BODY COMPOSITION**

Combine all of these elements:

***STRENGTH TRAINING** to maintain/increase muscle mass (read about the importance of working your muscles, [here](#)).

***AEROBIC EXERCISE** to strengthen your heart, cardiovascular system, improve circulation, endurance, help your body use oxygen better, lower your blood pressure, among so many benefits.

***STRETCHING** exercises to improve mobility, reduce chances of injuries, increase blood flow to your muscles, alleviate lower back pain cause by tight muscles, improve balance and coordination. All of these will help you perform better during your strength training and aerobic exercises. Stretch after your workouts and take a Yoga class at least once a week.

***GOOD NUTRITION:** Keep in mind that Exercise impacts Nutrition needs and Nutrition impacts exercise. Learn how to eat healthier without eliminating all the important food groups, instead learn to pick all natural and nutrient-dense foods. The right energy will help your body with maintenance functions, improve your physical work, rebuild and repair after a strenuous workout.

FIT for LIFE

Workout Plan

- <http://www.mayoclinic.com/health/fitness/HQ00171>
 - http://www.freedieting.com/exercise_plans.htm
 - <http://www.bodybuilding.com/fun/workout.htm>
 - <http://www.muscleandstrength.com/workouts/main.html>
 - <http://www.trainwithmeonline.com/programs.asp>
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