

# Walk, bike, swim, run, hike, enjoy



# How to become physically fit

There are five components of being physically fit including:

•**Cardio respiratory endurance:** the ability of your body to produce fuel for physical activity for an extended time.

Good activities for this are swimming, running, using a treadmill or elliptical trainer, aerobic dance, climbing stairs, or hiking.

•**Muscular strength:** when force is needed for some activity. This can

be improved by resistance machines, lifting weights, resistance bands, and exercise classes for sculpting the body.

•**Muscular endurance:** needed to continue activity with-

out getting worn out or fatigued. Endurance is increased with repetitive exercise, such as weight lifting, swimming, resistance training, biking, running, and aerobics.

•**Body composition:**

the amount of fat, bone, muscles, and other parts of your body. All types of exercise will improve your body composition, as well as eating a healthy diet. The answer to "How do I become physically

fit?" includes exercise and diet.

•**Flexibility:** also called range of motion. Joint mobility and range of motion will both be helped with stretching exercises, and will help prevent joint injury.



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