

How to become physically fit

There are five components of being physically fit including:

•Cardo respiratory endurance: the ability of your body to produce fuel for physical activity for an extended time. Good activities for this be improved by resistare 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

ance machines, lifting weights, resistance bands, and exercise classes for sculpting the body.

•Muscular endurance: needed to continue activity without getting worn out the amount of fat, bone, repetitive exercise, such as weight lifting, swimming, resistance training, biking, running, and aerobics.

•Body composition:

or fatigued. Endur- muscles, and other ance is increased with 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

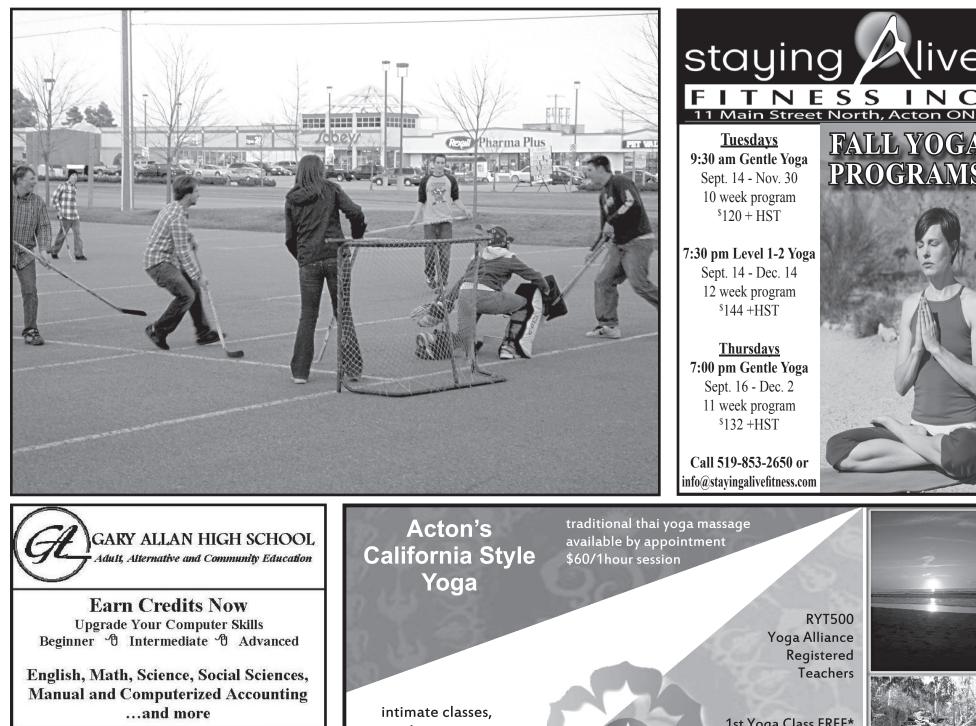
fit?" includes exercise and diet.

•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.

FALL YOGA

PROGRAMS

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•Learn with one-on-one instructional assistance •Develop your computer, business or work skills •Select courses suited to your needs •Work at your own pace, choose your own hours Prepare for a career change **Day and Evening Hours**

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