

# Lifetime Fitness

(Trimester 2 Fitness Testing)

Mr. Linda's Physical Education Class





## What is lifetime fitness

Lifetime fitness or lifelong fitness is developing the skills necessary to make fitness a part of *your daily life*. These lifestyle changes focus on the five areas of health-related fitness. This balanced approach to lifetime fitness allows your body to maintain healthy fitness levels while avoiding overtraining any particular area of health-related fitness.



## Areas of Health-Related Fitness

- ◆ Cardiovascular Endurance.
- ◆ Muscular Strength.
- ◆ Muscular endurance.
- ◆ Flexibility.
- ◆ Body Composition.



1

## Cardiovascular Endurance

Cardiovascular fitness is the ability to exercise the whole body for long periods of time and is sometimes called stamina.

# 2

## Muscular strength

Muscular strength is the *maximal* force a muscle or muscle group can exert during a contraction.





3

## Muscular Endurance

Muscular endurance is the ability of a muscle or muscle group to continue work over a long period of time.



# 4

## Flexibility

Flexibility is the ability of your joints to move through their *full range of motion* without pain or stiffness.



5

## Body composition

Your body mass index is a ratio between your *height* and your *weight*.





Remaining active in all areas  
of Health-related fitness can  
prevent the onset of  
*sedentary lifestyle diseases.*