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.



Cardiovascular Endurance

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



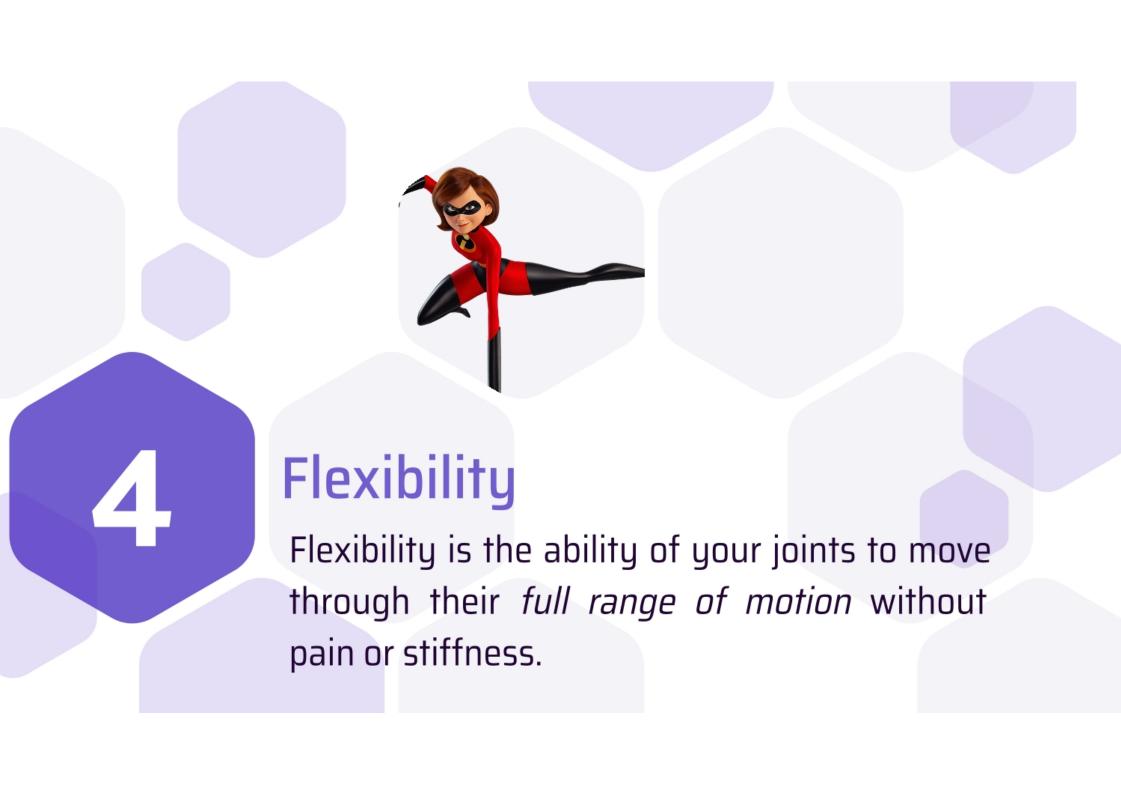
Muscular strength

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



Muscular Endurance

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





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.