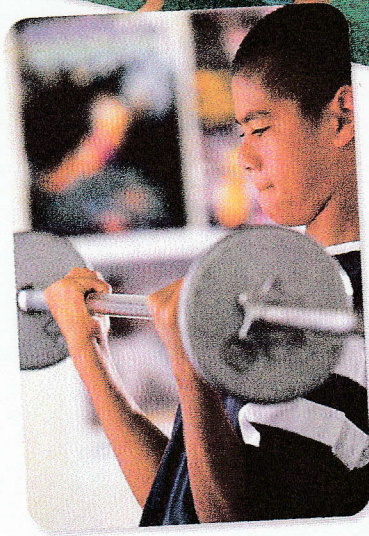
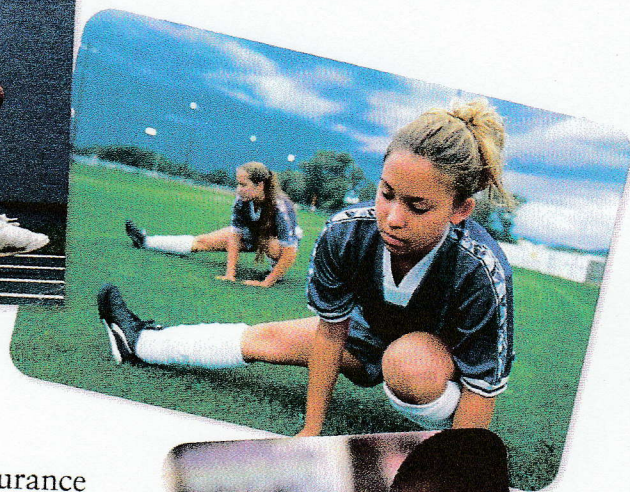




Figure 2 Different activities use different parts of physical fitness. Here are some examples.



Four Parts of Physical Fitness

There are four basic parts of physical fitness: strength, endurance (en DOOR uhns), flexibility (FLEK suh BIL uh tee), and body composition (KAHM puh ZISH uh).n).

Strength is the amount of force muscles apply when they are used. This force can be measured as the amount of weight you can lift. Strength helps support bones and makes joints stronger. It can also keep you from getting hurt if you fall. You use strength when you are lifting, pushing, and pulling.

Endurance is the ability to do activities for more than a few minutes. There are two kinds of endurance. Muscular endurance is the ability of the muscles to work over time. It lets you repeat an activity without losing the strength to keep going. For example, you use muscular endurance when you lift something several times. The second type of endurance is heart and lung endurance. It is the ability of your heart and lungs to work efficiently during exercise. Heart and lung endurance helps you run, walk, and bicycle without becoming short of breath.

Flexibility is the ability to bend and twist joints easily. Flexibility helps you move. It also helps keep you from getting hurt. You use flexibility when you bend, turn, and reach.

Body composition compares the weight of your fat to the weight of your muscles, bones, and joints. Fat is important to your health. But too much fat can make staying fit hard.

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Make a list of the physical activities you do for fun and the physical activities that you do at home, such as yardwork. Describe which parts of physical fitness you use for each activity.

