
WEEKLY NEWS

This week's workout



Click on the link to begin the workout. Have FUN!!!!
https://www.youtube.com/watch?v=L_A_HjHZxfl

This workout focuses on all aspects of physical fitness. Physical fitness can be defined as a general state of health and well-being or more specifically as the ability to perform physical activities associated with daily life with vigor and alertness and without getting overly tired. Physical fitness is required consistent conditioning, which can be achieved through leisure activities or through structured activity. Let's learn more about physical fitness!

COMPONENTS OF FITNESS

Physical fitness can be measured in a number of different ways. Here are some common types for assessing physical fitness:

Cardiorespiratory endurance: Fitness is determined by measuring a person's heart rate and oxygen consumption and by seeing how long or fast a person can perform.

Muscle endurance: By seeing how many repetitions of an exercise someone can perform, physical fitness can be tracked. E.g. the number of sit-ups or push ups achieved.

Muscle strength: This is usually measured by how much weight can be moved in conjunction with repetitions. E.g. bench presses or squats with weights.

Muscle power: This is slightly different to muscle strength as it measures how much force is generated by a muscle. Specialized biokinetic equipment is needed.

Flexibility: This measures how far a group of muscles can be stretched or joints can be moved. Hamstrings and shoulders are common parts tested for flexibility.

Balance: This measures how long a position can be held for without help. E.g. balancing on one leg.

Speed: This assesses how quickly one can move from one point to another and improves with fitness.

Body composition: This measures the amount of fat, muscle, and bone using tests, equations and devices.