



## The 5 main components of physical fitness

**Cardiovascular** - this is the ability of your heart and lungs to transport and utilise oxygen, i.e. the ability to take a flight of stairs without the need for an oxygen mask at the top.

**Muscular strength** - is the muscles ability to generate force against physical objects, i.e. lift shopping, or grandchildren etc.

**Muscular endurance** - is the ability of your muscles to contract repeatedly, i.e. perform a repetitive job such as gardening.

**Flexibility** - refers to the ability of your joints to move through a full range of motion. A good level of flexibility in the muscles helps to prevent injury.

**Motor skills** - refers to sequences of movements performed in a smooth, efficient way. Hand to eye co-ordination and balance and are examples motor skills.

Each of these components is required for functional health. Functional health is not only an absence of disease but also a person's ability to perform everyday tasks in their social roles at work and at home. If any one of these components becomes impaired for any reason then everyday life tends to become more difficult.

**Body fat** - the dreaded layer that coats us all with more and more ease with each passing year- though not a component of physical fitness has a significant effect on our ability to achieve a good standard in the fab 5.