**Fitness Study Sheet**

Ribs

Clavical

Pelvis

Radius

Humerus

Tibia

Femur

Ulna

Fibula

Skull

Benefits of Regular Physical Activity

* + - Increased muscle strength
		- Increase of lean muscle
		- Increase of strength in ligaments and tendons
		- Lower chance of injury
		- Improves self-esteem
		- Can help prevent against diseases and illnesses (eg. Lowers cholesterol, lowers risk of type 2 diabetes)
		- Helps relieve stress
		- Boost energy
		- Improves ability to sleep
		- Improves posture

Importance of Warm-ups & Cool-downs

**Warm-up**

Purpose:increased circulation, increased body temperature, mental preparation, increased focus on task, prevention of injuries, improved performance

**Cool-down:**

Purpose:gradual lowering of heart rate, prevention of dizziness/blood pooling, minimized muscle stiffness/soreness

1. **Health-Related Fitness Components**
2. Cardiovascular endurance: The ability of the heart, blood vessels and lungs to provide the working muscles with adequate oxygen during prolonged activity.
3. Flexibility: The range of motion of a joint.
4. Muscular endurance: The ability of a muscle or group of muscles to exert force over an extended period without incurring fatigue.
5. Muscular strength: The amount of force that can be exerted by a muscle or group of muscles in a single effort.
6. Body composition: