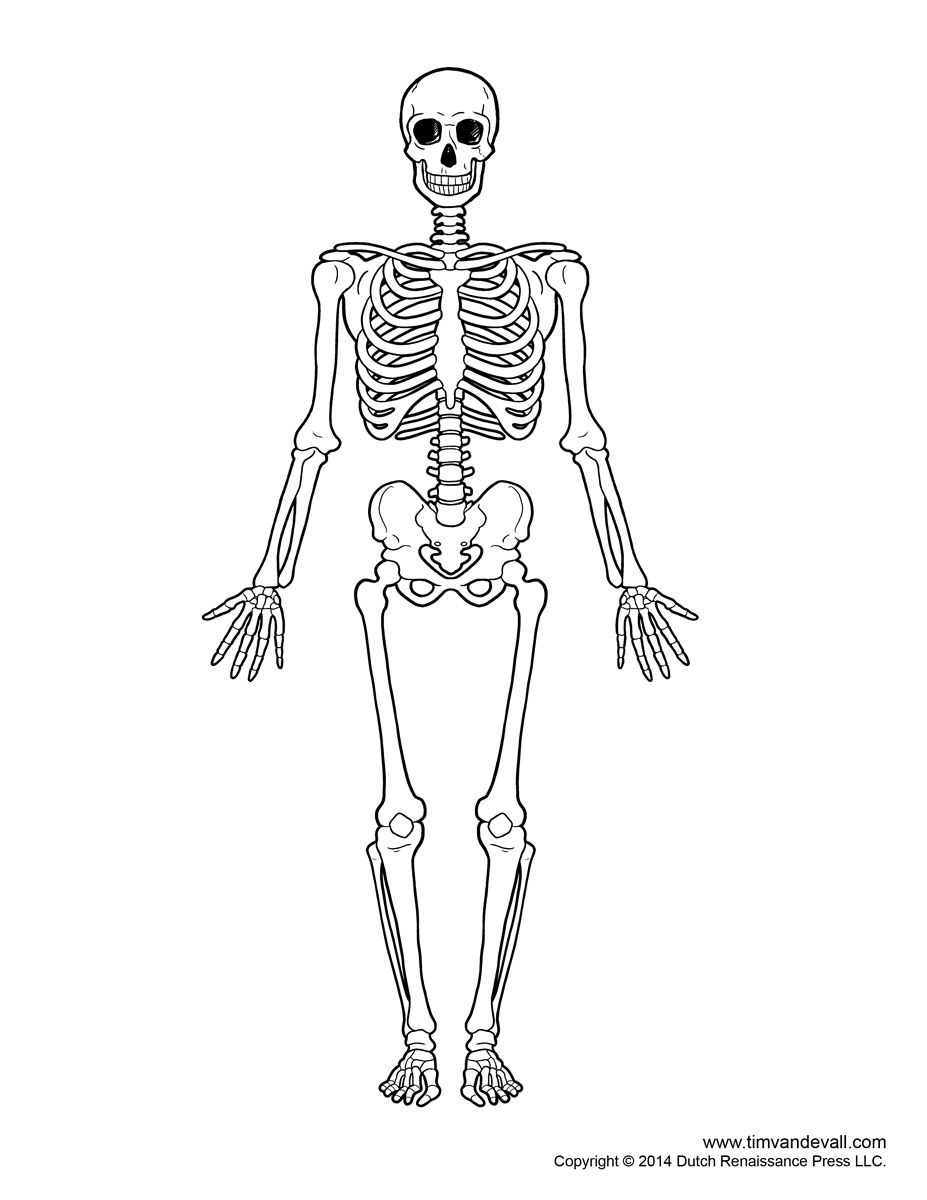
[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiU4aeapoTgAhVBpoMKHUHkBpEQjRx6BAgBEAU&url=https://www.pinterest.com/pin/97390410678121052/&psig=AOvVaw0KK-sm4Kw53qvW9HBMBndw&ust=1548346463635264)**Fitness Study Sheet**

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: