



Let's Talk Physical Fitness

Directions: Use the articles in this link <https://kidshealth.org/en/teens/food-fitness/exercise> or other parent-approved sources to research the answers to the questions below!

1. Physical Fitness

is the ability of the body and all its parts to work well together in daily activities, and it is made up of 5 components.

2. The first component of physical fitness is cardiovascular fitness. It is the ability of the heart and lungs to supply oxygen to muscles, and the ability of muscles to use that oxygen to produce energy. List three heart-healthy aerobic exercises.

- Dancing
- Skating
- Running

STEM BONUS

At rest, the heart beats around 70-90 per minute, but during aerobic exercise it increases greatly. If while on a run, your heart rate remains around 140 times per minute for 30 minutes, then about how many times will your heart have pumped during that physical activity?

140 beats per minute X 30 minutes = 4,200 total beats

3. Muscular strength is the

maximum amount of

force a muscle can exert in a single effort. Muscular

endurance is the ability of groups of muscles to work

over a period of time.

5. The F.I.T.T. Principle stands for frequency (most days of the week), intensity (safely push yourself), time, and type (mix it up, variety is good). How many minutes should children/teenagers spend being physically active each day?

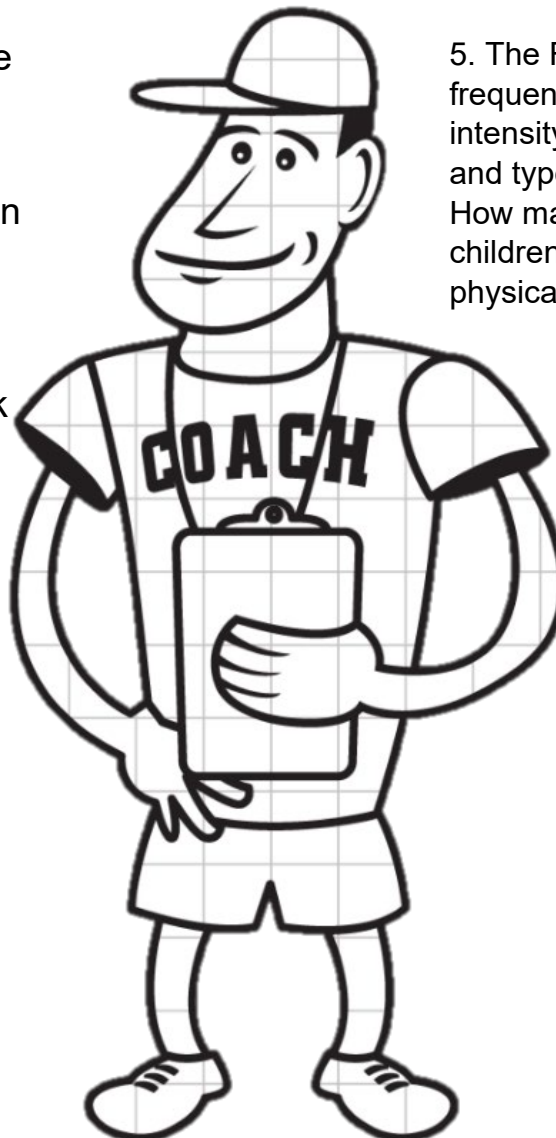
60 minutes

4.

• Flexibility is the ability of muscles, tendons, and ligaments to work through a full range of motion at joints.

• Body Composition is maintaining healthy proportions of fat, muscle, organ tissue, etc. What is the body mostly made of?

water



Role Models

Directions: There are many adults like teachers, coaches, and parents that can help you with your physical fitness goals. Be creative and color in the Byrnes Health Education Center's (BHEC's) "Coach". You can find him in action on the BHEC's www.LearntobeHealthy.org website.