

Continue



DATE: January 10, 2022 To measure your overall physical fitness, it's often helpful to have a benchmark—and the good news is that there are five of them. The five components of physical fitness describe different types of body health. For example, an avid weightlifter may have mind-blowing muscular strength, but lacks the aerobic capacity of a distance athlete (1). That's because different exercises train different systems in your body, which, in turn, may prepare you for one type of energy expenditure but not another. The good news is that these components, like many elements of health, can work together when managed properly. To choose workouts with balanced benefits, it's important to understand the five components of physical fitness and how each one relates to your exercise routine. Here's what you need to know. Cardiovascular/Aerobic Fitness The word "aerobic" means living, active, or occurring only in the presence of oxygen (2). Also known as cardiovascular endurance, oxygen is the foundation of aerobic fitness. It's all about maximizing the amount of oxygen in your blood (3). You do this by moving large muscle groups in your body, such as the ones in your arms and legs. The workout stimulates your small blood vessels to move blood more efficiently, delivering the good stuff (like oxygen) and taking out the bad (like carbon dioxide and lactic acid). Here are a few types of aerobic exercise that can improve this fitness component (4): Running, Cycling, Swimming, Dancing, Demanding household tasks like gardening. The benefits of improving your cardiovascular fitness can be numerous and varied (4). They can include: According to the Centers for Disease Control and Prevention, adults should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, plus muscle-strengthening activity at least two days a week. Cardiovascular fitness is a key component of overall health. When you're healthy, your body can efficiently deliver oxygen to all parts of your machine gives you access to the benefits of elliptical training can provide—including better balance, improved cardiorespiratory endurance, and a combined upper- and lower-body workout (6). Keep in mind that achieving these potential benefits depends on a number of factors, including intensity, basal metabolism, ambient temperature, and height, as well as having a workout game plan, eating healthily, working out consistently, practicing proper workout form, and staying hydrated. Anaerobic Fitness In many ways, anaerobic fitness is the opposite of aerobic fitness. "Anaerobic" means living, active, occurring, or existing in the absence of free oxygen, which means anaerobic exercises are those you can only do in short bursts of activity (7), including: Sprinting, Jumping, Weightlifting, Strength training (8). These workouts are fueled by "energy reserves" stored as glucose, which pick up the slack when anaerobic activity demands more oxygen than your blood can supply (8). The process is called glycolysis, and the more often your body experiences it, the more you'll increase your endurance and overall physical fitness. That's because glycolysis creates lactic acid, which—as the name suggests, is responsible for the burn you feel when your muscles are maxed out—and regular anaerobic exercise trains your body to handle this acid more effectively (8). When you're mastering the second of the five physical fitness components, you may start to see these benefits, depending of course on the factors discussed above that are critical to trying to achieve fitness benefits (9): Improved bone strength, Metabolism boosts, Joint support, Increased energy, Higher levels of anaerobic endurance. To work anaerobic exercise into your routine, you may need a smart tool—like the NordicTrack Vault. This workout mirror allows you to reflect on your stance and form while following along with world-class iFIT trainers that can carefully guide you through each movement. It has plenty of amazing features to help you make your workouts one-of-a-kind, Joint Flexibility And Strength To achieve the third component of physical fitness, you need to be able to move your body through a full range of motion (10). Dynamic stretching is a warm-up that prepares the body for activity by stimulating blood flow. Static stretching is all about holding a position for a set period of time. (11). These stretches are a great addition to your cool-down, which may prevent the development of delayed-onset muscle soreness (12). If you're looking for more ways to try and tackle joint flexibility and strength, check out the NordicTrack Fusion CST Series. This machine allows you to work your body in different ways depending on the joints you're targeting or the exercises you're warming up for or cooling down from. Muscular Endurance And Strength Bodybuilders and weightlifters rejoice: Muscular endurance and strength make up our fourth component of physical fitness. Since muscles are responsible for a little bit of everything—including eating, breathing, seeing, and even regulating temperature—it makes sense to treat them well (13). To help build muscle endurance and muscle strength (and improve total fitness along the way), you can work on adding lean muscle mass—and to do that, you may need to make your body deposit more protein than it removes (14). Unfortunately, it's not as easy as ordering a burger from your favorite restaurant. Think quality! You may also need to train by choosing the right weight or amount of resistance, number of repetitions, and types of exercises. To try and achieve muscle endurance and strength and of course any of the benefits of exercising, remember the other contributing factors discussed above. The NordicTrack Premium Dumbbell Set & Dumbbell Rack can help get you started. Plus, a 30-day iFIT Family Membership is included with your purchase. That way, you can get started with energetic iFIT studio sessions, including weight training workouts filmed in beautiful locations around the world all for your viewing and strength-training pleasure. So, if you're serious about improving your muscular strength and endurance, you need to find a way to incorporate resistance training into your routine. Dynamic stretching is a warm-up that prepares the body for activity by stimulating blood flow. Static stretching is all about holding a position for a set period of time. (11). These stretches are a great addition to your cool-down, which may prevent the development of delayed-onset muscle soreness (12). 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teeth. It's a slight change, but it makes a big difference! Agility and Speed These are more about how quickly you can move and change direction. They're especially important for athletes but can benefit everyone. I like to incorporate agility drills into my workouts sometimes. It's fun and makes me feel like a kid again! The FITT Principle: Your Guide to Effective Exercise To improve any of these fitness components, the FITT principle is your best friend. FITT stands for: Frequency: How often do you exercise Intensity: How hard you work during exercise Time: How long do you exercise Type: What kind of exercise do you do I use this principle to plan my workouts. For example, for cardiovascular endurance, I might plan to run (Type) 3 times a week (Frequency) for 30 minutes (Time) at a moderate pace (Intensity). Physical Activity Guidelines: How Much Should You Exercise? The current physical activity guidelines recommend: Engage in at least 150 minutes of aerobic exercise at a moderate intensity or 75 minutes of high-intensity aerobic activity each week. Additionally, perform muscle-strengthening exercises targeting all major muscle groups on two or more days per week. Remember, these are guidelines, not rules. The most important thing is to find activities you enjoy and to be consistent. Functional Fitness: Bringing It All Together One trend I'm eager about is functional fitness. This approach focuses on exercises that mimic everyday activities, helping you move better in daily life. For example, instead of just doing bicep curls, you might do a squat with an overhead press. This works for multiple muscle groups and improves your coordination, just like you might need when lifting a heavy box onto a top shelf. I've incorporated more functional fitness into my routine, and it's made a big difference in how I feel day-to-day. Creating Your Total Body Workout Now that you understand all these components, how do you put them together into a workout? Here's a sample week that hits all the major areas: Monday: Cardio (30-minute jog) + Core strength exercises Tuesday: Full-body strength training Wednesday: Yoga for flexibility and balance Thursday: High-intensity interval training for anaerobic fitness Friday: Another cardio session (swimming for variety) Saturday: Body weight exercises at home Sunday: Active rest - a leisurely bike ride or walk Remember, this is just an example. The best workout plan is one that you'll stick to, so ensure to choose activities you enjoy! The Holistic Fitness Approach While we've focused a lot on the physical aspects of fitness, it's important to remember that true wellness encompasses more than just the body. Mental health, nutrition, and adequate rest all play crucial roles in your overall fitness. I've found that when I pay attention to all these areas - getting enough sleep, eating well, managing stress, and exercising regularly - I feel my absolute best. FAQs About What Are the 5 Components of Physical Fitness What are the 5 key components of fitness? The five major components of fitness are: Cardiovascular Endurance Muscular Strength Muscular Endurance Flexibility Body Composition These components work together to create overall physical fitness. What are the 5 components of physical fitness, Quizlet? While Quizlet may have various definitions, the standard 5 components of physical fitness remain: Cardiovascular Endurance: The ability of your heart and lungs to supply oxygen during sustained physical activity. Muscular Strength: The amount of force muscles can produce in one effort. Muscular Endurance: The ability of muscles to perform continuously without fatigue. Flexibility: The ability to move joints through their full range of motion. Body Composition: The ratio of body fat to lean body mass. What are the 5 definitions of physical fitness? Here are straightforward explanations for each aspect of physical fitness: Cardiovascular Endurance**: The efficiency of your heart and lungs working together during physical activity. . Muscular Strength**: The maximum amount of force your muscles can exert in a single effort. . Muscular Endurance**: The ability of your muscles to sustain activity over time without fatigue. Flexibility: How easily you can stretch and move your joints. Body Composition: The balance between fat and non-fat in your body. What are the 5 physical fitness tests? Common tests for each component of physical fitness include: Cardiovascular Endurance: 1-mile run or step test Muscular Strength: Push-up test or handgrip strength test Muscular Endurance: Sit-up test or plank hold Flexibility: Sit-and-reach test Body Composition: Skinfold measurements or bioelectrical impedance analysis These tests can help you measure your current fitness level and track improvements over time. Remember, physical fitness is a journey, not a destination. By focusing on these five components, you can create a balanced, effective fitness plan that improves your overall health and well-being. Start small, stay consistent, and celebrate your progress along the way! Wrapping Up: What Are the 5 Components of Physical Fitness Grasping the five components of physical fitness—cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition—is merely the first step in your fitness path. Keep in mind that fitness isn't an ultimate goal, but an ongoing journey throughout life. As you work on improving these components, you'll notice improvements in other areas too. You might find you have more energy, sleep better, or feel more confident. The key is to start where you are, set realistic goals, and be consistent. Don't compare yourself to others - focus on becoming a healthier, fitter version of yourself. I hope this guide has given you an understanding of what makes up physical fitness and inspired you to take the next step in your fitness journey. Remember, every little counts. Even slight changes can add up to big results over time. So, what are you waiting for? Lace-up those sneakers, roll out that yoga mat, or pick up those weights. Your future, healthier self, will thank you! Recommended Reading