

# Health & Fitness

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Y.A.R.D. Peer Training Program

# Physical Activity, Physical Fitness & Exercise

- *What is Physical activity ?*
  - Any body movement carried out by the skeletal muscles and requiring energy
- *What is Exercise?*
  - Planned, structured, repetitive movement of the body designed to improve or maintain physical fitness
- *What is Physical fitness?*
  - A set of physical attributes that allows the body to respond or adapt to the demands and stress of physical effort

# Health Promotion

- For health promotion:
  - Expend about 150 calories.
  - How long do you have to walk to burn 150 calories
    - equivalent to 30 minutes of brisk walking—on most days
- A structured, formal exercise program improves physical fitness and provides even greater health improvements

# Five Components of Exercise

- Five components:

1. Cardio respiratory (Endurance)

the ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate-to-high levels of intensity

2. Muscular strength

The amount of force a muscle can produce with a single maximum effort

3. Muscular endurance

The ability of a muscle or group of muscles to remain contracted or to contract repeatedly

4. Flexibility

The ability to move joints through their full range of motion

5. Body composition

The proportion of fat and fat-free mass (muscle, bone, and water) in the body



# How to reach Physical Fitness

- How do you reach physical fitness?
- Placing increasing amounts of stress on the body causes adaptations that improve fitness
- ***FITT*** principle:
  - Frequency—How often
  - Intensity—How hard
  - Time—How long (duration)
  - Type—Mode of activity

# Everyone's Different!!!

- Everyone is NOT created equal from a physical standpoint
- There are large differences in ability to improve fitness, body composition, and sports skills.  
Everyone is different!