**Five Components of Physical Fitness**

* **Cardiovascular Endurance** – The ability of the heart, blood vessels, and lungs to deliver oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement.
  + **FITNESSGRAM test:** Pacer or Mile Run
* **Muscular Endurance** – The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.
  + **FITNESSGRAM test:** Sit-up
* **Muscular Strength** – The ability of a muscle to exert a maximal or near maximal *force* against an object.
  + **FITNESSGRAM test:** Push-up
* **Flexibility** – The measure of how limber you are; the ability to move the body through a range of motion.
  + **FITNESSGRAM test:** Sit & Reach
* **Body Composition** – Body weight is made up of many factors including: *muscle, bones, organs, fluids,* and *fat.* Body composition is the body’s relative amount of fat to fat-free mass. For good health, the body should maintain a proper ratio of fat to other components that make up body weight.
  + **FITNESSGRAM test:** Height & Weight (BMI)