**COMPONENTS OF PHYSICAL FITNESS**

**Health Related components**: Those factors that are related to how well the systems of your body work

* 1. **Cardiovascular Fitness**: The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.
  2. **Body Composition**: The relative percentage of body fat compared to lean body mass (muscle, bone, water,etc)
  3. **Flexibility**: The range of movement possible at various joints.
  4. **Muscular strength**: The amount of force that can be produced by a single contraction of a muscle
  5. **Muscular endurance**: The ability of a muscle group to continue muscle movement over a length of time.