

# The Four Elements of Fitness

Here are the four main elements of fitness:

## **Aerobic Fitness**

- Aerobic fitness improves overall health and well-being. It helps your heart, blood vessels, lungs and muscles with routine tasks and allows you to rise to any unexpected event such as running to your car in the rain. Popular aerobic activities include walking, biking, jogging, swimming, and dancing. To gain the greatest benefits you should exercise for at least 10 minutes at a time and for a total of 30 minutes most days of the week.

## **Muscular Fitness**

- Muscular fitness refers to the strength and endurance of your muscles. The more fit your muscles are the easier daily tasks become. Strength training improves your muscular fitness and helps with weight loss by increasing your lean muscle mass. Strength training can be done with free-weights, resistance bands, weight machines, household items, or your own body weight.

## **Flexibility**

- Flexibility is the ability to move your joints through their full range of motion. Flexibility decreases your risk of injury from physical activity. Exercises that lengthen your muscles increase your flexibility. Stretching exercises such as yoga or tai chi are effective in increasing flexibility.

## **Stability and Balance**

- Stability and balance are affected by your body's core strength. You can improve your stability and balance by doing exercises that focus on the center of your body. A strong core can help improve posture, low back pain, and prevent falls.

