

## Health-Related Fitness

- **Body Composition**
  - The percentage of body weight that is made up of fat when compared to other lean tissues, water, and bones
- **Cardiovascular**
  - The ability to exercise your entire body for long periods of time
- **Flexibility**
  - The ability to use your joints fully
  - Having long muscles
- **Muscular strength**
  - The amount of force your muscles can exert
- **Muscular endurance**
  - The ability to use your muscles many times without tiring

## Skill-Related Fitness

- **Coordination**
  - The ability to use your senses and body parts together
- **Reaction time**
  - The amount of time it takes to move once you realize the need to act
- **Balance**
  - The ability to keep an upright posture when still or moving
- **Agility**
  - The ability to change body positions quickly
- **Speed**
  - The ability to cover a distance in a short period of time
- **Power**
  - The ability to use strength quickly