

Chapter One Summary  
*Why Personal Fitness*

Two Types of Personal Fitness

**Health Related Fitness**

Cardiorespiratory Fitness  
Flexibility  
Muscular Strength  
Muscular Endurance  
Body Composition

**Skill Related Fitness**

Coordination  
Agility  
Reaction Time  
Power  
Speed  
Balance

Factors Determining Your Level of Fitness

Heredity	Maturation
Environment	Motivation
Behavior or Lifestyle	

Summary

This course is designed to help you achieve the many benefits of fitness. The goal is to help you understand why achieving fitness is important, guide you in designing an exercise program and motivate you to seek the highest level of health, wellness and personal fitness.

Looking at health risks associated with a lack of physical activity, it is clear that Americans who are not yet regularly physically active should become active. Everyone can benefit from physical activity. The activity need not be strenuous to be beneficial – moderate activity can provide great health benefits.

Maintaining personal health and fitness is a matter of individual choice. Many of the health problems we develop result from things which are under our control – things we can do something about. How we live determines to a great extent how long and how well we live. The decision to be healthy and fit is within your reach. You can establish a lifestyle which enables you to achieve your optimal fitness level.