At the beginning of this course, you were asked to take a fitness assessment. You may remember that the assessment tested different areas or components of physical fitness. There are actually five components of physical fitness, which we will be discussing in this lesson.
The five components of physical fitness include the following:

1. Cardiovascular (aerobic) fitness
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition

You may be strong in one or two areas, but it takes a balance of all five areas to achieve a true level of fitness.
Components of Fitness

Take Jill, for example—she runs long distance and lifts weights regularly, but she never stretches and she eats a diet high in sugar and fat. She is probably very fit in the areas of cardiovascular fitness, muscular strength, and endurance. However, she may be outside the standards for flexibility and body composition. Thus, as a whole she is not physically fit.

Components of Fitness

Because the five components all affect your physical fitness level, you may find that improving in one area will also boost your fitness level in another.

For example, if Jill starts eating better to improve her body composition, she may also find that her aerobic capacity has also improved.
Remember, it is important to work on all five components of physical fitness—cardiovascular fitness, muscular strength and endurance, flexibility, and body composition—in order to improve your overall fitness level.