Fitness Notes

* Abdominal strength and endurance is measured in class by the curl up test
* Running, swimming, and climbing stairs are ways to improve your cardiorespiratory endurance
* Physical Fitness is the ability to do daily activities without becoming overly tired.
* A person should get 30 to 60 minutes a day of exercise. Teens need 60 minutes but it does not have to be all at once.
* Exercise and maintaining a healthy body weight can prevent type 2 diabetes.

Regular exercise benefits the following body systems:

Digestive system

Circulatory system

Respiratory system

Cardiovascular system

* Individuals with good flexibility are less likely to be injured.
* The ability to change direction of movement quickly while staying in control of your body is called agility.
* You do not have to be an athlete to be physically fit.