

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. Popular activities include walking, biking, jogging, swimming, and dancing. Exercise for at least 10 minutes at a time and for a total of 30–60 minutes most days of the week.



Muscular Fitness

Strength training improves your muscle and bone health, and helps with weight loss. Do strength training with free weights, resistance bands, weight machines, household items, or your own body weight.



Flexibility

Flexibility allows you to move your body freely. Being flexible decreases your risk of injury. Stretching lengthens your muscles. To improve flexibility, consider chair-stretching exercises or yoga.



Stability and Balance

Your body's core strength helps stability and balance. You can improve stability and balance by doing exercises that focus on the center of your body. A strong core will help improve posture, low back pain, and prevent falls. Consider core exercises (bottom muscles, lower back muscles, and abdominal muscles) or Tai Chi.

Special Note:

- To maintain your weight and health, exercise 150 minutes of moderate-intensity physical activity per week.
- To lose weight, exercise 300 minutes of moderate-intensity physical activity per week.