

University of Phoenix Material

Physical Fitness and Nutrition Worksheet

To improve your health, it is critical to be physically fit and have a healthy diet. However, that doesn't mean you should eliminate all fats or eat only fruits and vegetables. Understanding the nutritional value of vitamins and minerals can help you make good choices to improve your health and wellness.

In this assignment, you identify the four components of health-related fitness. You also explore the nutritional value and benefits of two essential vitamins and minerals. Comparing the properties of a daily multivitamin against the knowledge gained in this lesson helps you identify which is best for you.

Part 1: The Components of Health-Related Fitness Table

Complete the table below. The first row has been filled in as an example.

Component of Physical Fitness	Description	Health Implications in Your Life	Benefits
Cardiorespiratory Fitness	Being able to breathe and circulate blood in your body for a long period of time.	Most of metabolism runs from here every day.	Reduces the risk of heart disease, hypertension, and high cholesterol.
Muscular Strength	The amount of force the muscles can exert during a single or repeated contraction of resistance to weight.	As the age increases, the amount of strength decreases every ten years every day.	Helps strengthen your muscles, reduce inflammation along with lowering risk of osteoporosis, arthritis, osteoarthritis, stroke, heart disease, depression, and helps strengthen rest of body muscles.
Muscular Endurance	The ability to exert force over a long period of time without stopping.	Most of fitness runs every day.	Improves overall endurance, improves circulation, and muscle growth.
Flexibility	The ability to bend without losing control.	As the age increases, the amount of flexibility decreases every ten years every day. Flexibility helps improve your balance.	Improves range of motion in joints, improves circulation, helps you stretch and reduces burning, helps improve your posture, and reduces length of day.