*Fitness*

***Health Triangle***

|  |  |
| --- | --- |
| Area of Triangle | benefits |
|  |  |
|  |  |
|  |  |

***5 components of Health Related Fitness***

|  |  |
| --- | --- |
| Component | Example of how you can improve that area |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

***Heart Rates***

|  |  |  |
| --- | --- | --- |
| ***Heart Rate*** | ***What is it*** | ***How do you find it*** |
| Resting Heart Rate |  |  |
| Maximum Heart Rate |  |  |
| Target Heart Rate Zone |  |  |

***Fitness Plan (FITT Principle)***

|  |  |  |
| --- | --- | --- |
| Letter | Stands for | Meaning |
| **F** |  |  |
| **I** |  |  |
| **T** |  |  |
| **T** |  |  |

***Treating Injuries***

|  |  |
| --- | --- |
| Letter | Meaning |
| **P** |  |
| **R** |  |
| **I** |  |
| **C** |  |
| **E** |  |