Physical Activity vs. Exercise

Physical Activity

- All physical movement, regardless of the energy expenditure or reason for it
- Can involve occupational, lifestyle, or leisure activities

Exercise

- Type of leisure-time physical activity
- Performed specifically to enhance health and/or fitness
- Involves planned, structured, repetitive bodily movement, so includes all conditioning activities and sports

Benefits of Regular Exercise

- Improved psychological well-being
- Increased longevity
- Maintenance of working capacity during aging
- Increased bone mass
- Reduced risk of diabetes
- Reduced risk of heart disease

Five Major Components of Health-Related Physical Fitness

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

Cardiorespiratory Endurance

- Referred to as aerobic fitness
- The KEY component of health-related physical fitness
- Indicates heart’s ability to pump blood to muscles during exercise
- Indicates muscles’ ability to utilize oxygen in the blood

Muscular Strength

- How much force a muscle (or muscle group) generates during a single maximal contraction
- Allows optimal functioning in everyday tasks
- Even modest amounts of weight training (resistance training) improve muscular strength

Muscular Endurance

- Ability of muscle to generate a submaximal force repeatedly