**The 5 Components of Health Related Fitness are:**

1. **Cardiorespiratory Endurance** (jogging, cycling, swimming)
2. **Muscular Strength** (lifting a heavy amount of weight one or two times/short amount of repetitions.)
3. **Muscular Endurance** (lifting a light amount of weight for many repetitions, performing an exercise over a prolonged time, such as 80 crunches/situps)
4. **Flexibility** (performing stretches, hurdle stretch, sit and reach, etc)
5. **Body Composition** (percentage of fat, muscle, water and bone found in the human **body**)

 

 