

THE 11 KEY COMPONENTS OF FITNESS

HEALTH



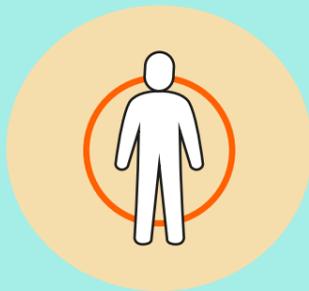
Muscular Endurance



Cardiovascular Fitness



Strength



Body Composition

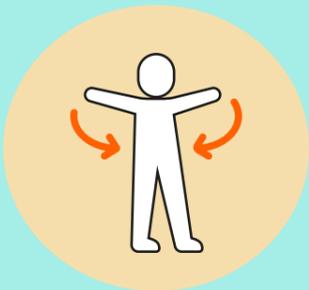


Agility

SKILL



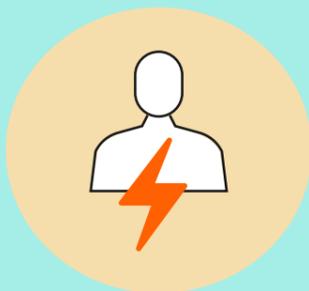
Speed



Co-ordination



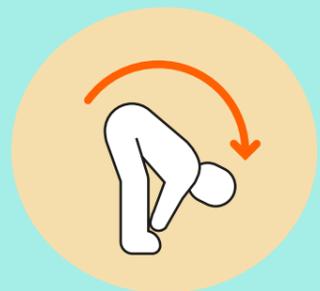
Reaction Time



Power



Balance



Flexibility