A quality fitness program should include a combination of cardiovascular fitness, strength training and core work activities on a daily basis.

Regular exercise will increase your cardiovascular endurance, build muscle and decrease your risk of being overweight and/or developing other health problems.

This should take base daily if possible or at least 3 times a week.

Core strength refers to targeting the muscles of the abdominals and back that help to stabilize the body.

Your core is responsible for being engaged during a variety of exercises and activities. The stronger your core is the easier these activities will be.

Yoga is a great example of an exercise that can be used to develop and maintain core strength.

Muscles that work together are called antagonistic muscles. They are 2 muscles that work in opposition of one another to perform a function.

Examples of antagonistic muscles include biceps and triceps, hamstrings and quadriceps, back and abs.

While one of these muscles is flexing the other is relaxing.

Interval training is a type of workout that focuses on increasing and decreasing your heart rate while incorporating strength training exercises.

Resting heart rate is the number of times your heart beats per minute at rest.

The lower your resting heart rate the better cardiovascular condition you are in.

To calculate your MAXIMUM heart rate you should take 200-your age.

An ideal heart rate range that you should be able to maintain during activity is called your TARGET HEART RATE ZONE

This zone should be a range from 65-80% of your maximum heart rate.
• There are 5 components to fitness. They include:

1. Muscular strength
2. Muscular endurance
3. Body composition
4. Flexibility
5. Cardiovascular fitness

• The **F.I.T.T.** principle (in terms of your workout program) refers to
  
  * **Frequency** – how often
  * **Intensity** – how hard
  * **Type** – what kinds of exercises/activity
  * **Time** – how long

  Please review the 11-12 vocabulary words and definitions. They can be found on the school website, under divisions; physical development; 11-12 vocabulary.