

► **Flexibility** is the ability to use your joints fully through a wide range of motion. You are flexible when your muscles are long enough and your joints are free enough to allow adequate movement. People with good flexibility have fewer sore and injured muscles.

► **Body fatness** is the percentage of body weight that is made up of fat when compared to the other body tissues, such as bone and muscle. For example, a person who weighs 100 pounds, 20 pounds of which is fat, is said to have a body fat level of 20 percent. People who are in a healthy range of body fatness are more likely to avoid illness and even have lower death rates than those outside the healthy range. The extreme ranges are most dangerous. Too little or too much body fat can cause health problems.

How much of each of the five health-related parts of fitness do you think you have? To be healthy, you should have some of each. If you do, you are less likely to develop **hypokinetic conditions**—health problems caused partly by lack of physical activity. Examples include heart disease, high blood pressure, diabetes, osteoporosis, colon cancer, and being over-fat. You will learn more about hypokinetic conditions in chapter 3.

People who are physically fit feel better, look better, and have more energy. You do not have to be a great athlete to have good health and to be physically fit. Regular physical activity can improve anyone's health-related physical fitness.

### Skill-Related Physical Fitness

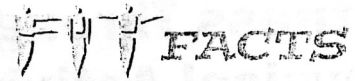
Just as the runner may not possess a high rating in all parts of health-related physical fitness, she also may not possess the same amount of fitness in all parts of skill-related physical fitness. Different sports require different parts of skill-related physical fitness. Most sports require several parts.

► **Agility** is the ability to change the position of your body quickly and to control your body's movements. People with good agility are likely to be good at activities such as wrestling, diving, soccer, and ice skating.

► **Balance** is the ability to keep an upright posture while standing still or moving. People with good balance are likely to be good at activities such as gymnastics and ice skating.

► **Coordination** is the ability to use your senses together with your body parts or to use two or more body parts together. People with good eye-hand or eye-foot coordination are good at hitting and kicking games such as baseball, softball, tennis, and golf.

► **Power** is the ability to use strength quickly. It involves both strength and speed. People with good power might have the ability to put the shot, throw the discus, high jump, play football, and speed swim.



Power is sometimes called a “combined part of fitness” because it requires speed (a skill-related part of fitness) and strength (a health-related part of fitness).

► **Reaction time** is the amount of time it takes to move once you realize the need to act. People with good reaction time are able to make fast starts in track or swimming or to dodge a fast attack in fencing or karate. Good reaction time is necessary for your own safety while driving or walking.

► **Speed** is the ability to perform a movement or cover a distance in a short period of time. People with good leg speed can run fast, while people with good arm speed can throw fast or hit a ball that is thrown fast.

Remember, most sports require different parts of skill-related fitness. For example, a skater might have good agility but may not possess good power. Some people have more natural ability in some areas than in others. No matter how you score on the skill-related parts of physical fitness, you can enjoy some type of physical activity. Keep in mind that good health does not come from being good in skill-related physical fitness; it comes from doing activities designed to improve your health-related physical fitness and can be had by people who consider themselves poor athletes as well as by those who see themselves as great athletes.

## The Stairway to Lifetime Fitness

You are probably quite active now; most teens are. But will you be as active as you grow older? Will you do the same kinds of activities you do now? If you answered “no” to either of these questions, you need to begin learning now for lifetime fitness and activity. One way to accomplish this goal is to climb the Stairway to Lifetime Fitness. As you can see in the diagram, when you climb the stairway, you move from a level of dependence to a level of independence, allowing you to make good decisions about lifetime physical activity.