



# GIVE ME A HIGH FIVE:

The five aspects of fitness that is.

Ann Gilbert

Program Director WATERINMOTION Platinum



## GIVE ME A HIGH FIVE

- In biological terms, “being fit” means being able to provide for one’s own life and wellbeing by adhering to five aspects of physical fitness.



## GIVE ME A HIGH FIVE

- We all have an idea of what fit looks like. For many, it means having a thinner body, or massive muscles or an hour glass figure. But being physical fit is not defined by an appearance. The five aspects or components of being fit are listed below.
- Muscular Strength
- Muscular Endurance
- Flexibility
- Cardiovascular Endurance
- Healthy Body Composition

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Muscular strength is defined as the power you have to lift, push and carry heavy objects. It is also seen as your ability to exert a force during a daily activity. Resistance training is the mode of exercise which allows you to see an improvement in overall strength and quality of life.

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Muscular endurance is defined as the ability of the muscle to perform contraction or movement over a period of time. So in essence it is how long can I go, rather than how much can I lift, without becoming fatigued.

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Flexibility or being flexible, can be defined as the range of motion you have around a specific joint. Being flexible reduces injury potential and allows for pain-free movement during activity. A basic stretching program may be all you need to improve this often neglected aspect of being truly fit.

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Cardiovascular endurance is the ability of the body's circulatory and respiratory system to deliver fuel to cells during any activity over a specific time period. Thus, those who have cardiovascular fitness can deliver blood and oxygen to the body for an extended period of time.

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Having a good body composition, and addressing the ratio of fat to lean, is the fifth aspect of being fit. Body composition refers to the relative amount of muscle, fat, bone and other vital parts of the body. Experts agree that assessing one's composition provides a better evaluation of overall health than weight or BMI alone. It is important to maintain a level of fat that is not too low (below 3-6% for men and 9-12% for women), nor too high (above 25% for men or 38% percent for women). There is a variety of tools used to measure composition. They include calipers and bio-electrical devices that can assist in monitoring changes as one adheres to all aspects of fitness.

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Attaining success in all five aspects allows you to experience the following benefits:

- Increased calorie burn and overall weight management
- Decrease in blood pressure
- Improved blood lipids
- Decrease in pain during daily activity
- Decrease in bone loss
- Increase in overall stamina
- Increase in self-esteem and overall appearance
- Decrease in fracture during falls
- Reduce the risk factor for disease

**water**<sup>in</sup>**motion**<sup>®</sup>  
Platinum

## GIVE ME A HIGH FIVE

- The American College of Sports Medicine, ACSM, recommends that we all follow what is called the FITT principal when designing an exercise program that includes all five aspects of fitness. The acronym stands for:
  - F= Frequency or how often one is to perform the exercise
  - I= Intensity of the exercise to be performed
  - T= Time spent or the duration of the exercise to be performed
  - T= The type or mode of exercise that will be chosen

**water**<sup>in</sup>**motion**<sup>®</sup>  
Platinum

## GIVE ME A HIGH FIVE

- Seeing an increase in overall physical fitness, weight management and health status means that there has been adherence to a program that addresses all five aspects of fitness. Being lead by a professional coach, who will assist in goal setting, program design and overall adherence, is the number one way to make sense out of the often confusing prescription for overall health and fitness. Scheduling a variety of group fitness classes or small group programs weekly will also aid in attaining the big five. Finally, frequent assessments to see improvement in all five aspects of fitness will be the number one way to stay at it over the years.

*water*<sup>in</sup>*motion*<sup>®</sup>  
*Platinum*

## GIVE ME A HIGH FIVE

### COACH'S MOMENT

- Write a program with specificity
- Progress once there is adaptation to avoid reversibility
- Follow the FITT prescription for all five aspects of fitness

*water*<sup>in</sup>*motion*<sup>®</sup>  
*Platinum*

## GIVE ME A HIGH FIVE

- Summary

water *in* motion®  
Platinum

## GIVE ME A HIGH FIVE

- Conclusion

water *in* motion®  
Platinum