

# All-Around Fitness

The three ways to measure fitness are your strength, your endurance and your flexibility. A strong body can do more and do it better. A person with good endurance can play longer without getting tired. Building endurance also strengthens your heart and lungs. A flexible person can reach, twist and bend without stiffness, pain or strain. A healthy mind is also strong, enduring and flexible. Look through the E-edition or print newspaper for articles or pictures of people who exhibit each of the following. Write a brief description of how each person illustrates the trait.



## Strong mind

---

---

---

---

## Strong body

---

---

---

---

## Physical endurance

---

---

---

---

## Mental endurance

---

---

---

---

## Flexible body

---

---

---

---

## Flexible mind

---

---

---

---

## STUDENT ACTIVITY SHEET

Name \_\_\_\_\_