



11 Components of Physical Fitness

- 1. Agility** – The ability to stop, start, and change directions quickly
- 2. Balance** – Controlling body positions while standing still or moving
- 3. Body Composition** – The ratio of muscle to fat in the body
- 4. Cardiovascular Endurance** – Engaging in physical activity for long periods of time
- 5. Coordination** – Making movements work together smoothly
- 6. Flexibility** – Moving joints through a wide range of motion
- 7. Muscular Endurance** – Using muscles repetitively without fatiguing
- 8. Muscular Strength** – Produces force using muscles
- 9. Power** – The ability to use muscle strength quickly
- 10. Reaction Time** – How quickly an individual responds to a stimulus
- 11. Speed** – Performing a movement of covering a distance in a short period of time

**Your Physical Therapist can help you with
any of these components to Get Better**

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