

Mr. Manfre's Words of the Week

- Cardiovascular fitness:*** the ability to exercise your entire body for long periods of time without stopping
- Strength:*** the amount of force your muscles can produce. This is measured by how much you can lift or how much resistance you can overcome
- Muscular endurance:*** the ability to use your muscles many times without tiring
- Flexibility:*** the ability to use your joints fully through a wide range of motion
- Body fatness:*** the percentage of body weight that is made up of fat when compared to the other tissues, such as bone and muscle
- Agility:*** the ability to change the position of your body quickly and to control your body's movements
- Balance:*** the ability to keep an upright posture while standing still or moving
- Coordination:*** the ability to use your senses together with your body parts or to use two or more body parts together
- Power:*** the ability to use strength quickly. Involves both strength and speed
- Reaction time:*** the amount of time it takes to move once you realize the need to act