

What is Fitness?

Critical Concept:

Since ancient times people have known that perfect health must involve three aspects of human life: Mind, Body & Spirit.

We will use the word Fitness as a term that describes the overall condition of each of these. In our definitions we'll follow the lead of the National Association for Sport and Physical Education and incorporate aspects of their vision of physically educated people who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity (NASPE 2004).

Physical Fitness (Body)	If you are physically fit you have the skill, strength, flexibility and endurance to perform and participate in regular moderate to vigorous physical activity.
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Examples of moderate physical activity can come in the form of daily tasks and chores, like doing housework or walking to school.

More vigorous physical activity can come in the form of hiking, sport practice or games and fitness walking. *Participation in Fitness Lab Circuit Training is vigorous!*

Mental Fitness (Mind)	If you are mentally fit you have the ability, focus and desire to learn new information and skills and apply what you've learned to achieve goals and accomplish tasks.
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It's important to realize that mind and body fitness are linked! Regular physical activity helps our minds focus on what we are trying to do, learn and/or accomplish. We also need to be able to focus on participation and the learning of physical skills that will help our bodies stay safe, active and physically fit. Plus, physical activity can actually help our brains think more clearly and learn more.

Spiritual / Emotional Fitness (Spirit)	If you are spiritually and emotionally fit you are able to enjoy what you do, accept and overcome challenges, and express how you feel and what you believe to yourself and others. You are grateful for opportunities presented to you and for the people that support you. You can maintain a high sense of self respect and self worth.
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Over the next few days really try to pay attention to your mind, body and spirit. Feel the different ways that they affect each other – both positively and negatively.

Again, fitness of the spirit is directly linked to the mind and body. Sometimes illness or difficult information can cause us to become discouraged and upset. Our ability to keep our heads held high and continue on is what helps our fitness level in all three areas continue to improve.

It's important to know that fitness and fitness levels are always changing. Some days are better than others. That's okay. And, how much weight someone can lift or how fast they are may not be the best ways to tell how fit they are.