

## **Physical Fitness Lecture #1**

### **Benefits of Exercise (higher levels of fitness)**

- Lower risk heart disease (CHD)
- Lower blood pressure
- Lower Cholesterol levels higher HDL (good cholesterol)
- Lower triglyceride levels
- Decreased body composition (weight/%fat)
- Lower risk of Diabetes (better control of)
- Increase muscle strength/lungs (including heart)
- Decrease risk of some cancers
- Lower occurrence osteoporosis
- Decrease stress levels

### **Risk Factors for Heart Disease**

- Age 45+men 55+ women (post menopausal)
- Weight (BMI>30, 25% >body fat men, 30%> body fat women)
- Family history
- Smoking
- Non exerciser
- High blood pressure (130/80)
- High CHL (240+ HDL under 40))
- Diabetes
- Race

### **Components of Fitness (Fit Five test)**

- Cardiovascular fitness
- Flexibility
- Muscular strength
- Muscular endurance
- Body composition