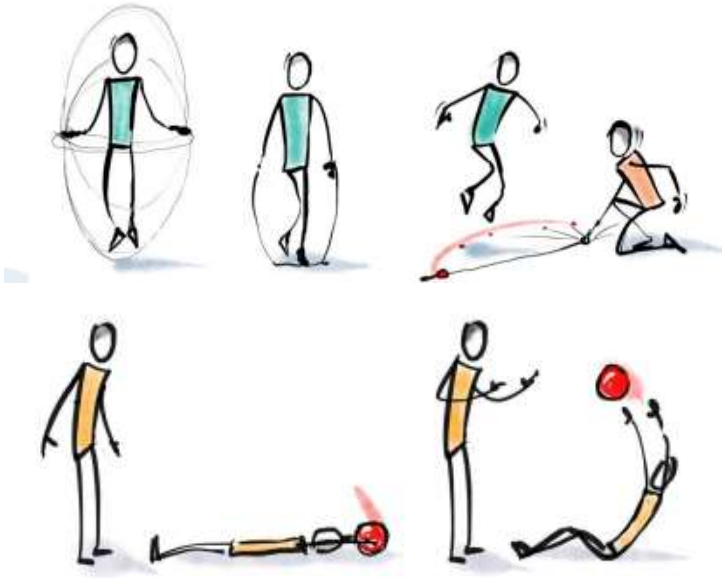
Why does our body change during exercise?

Key Vocabulary	Fitness
Strength	How much force your muscles can use to lift, push, pull, or carry things.
Develop	To improve or grow a skill or ability over time through practice and effort.
Aerobic	Activities that make your heart and lungs work harder for a period of time, like running, cycling, or swimming.
Determined	Not giving up, even when something is difficult; staying focused on your goal.
Endurance	How long you can keep going during physical activity without getting too tired.
Healthy	Feeling well in your body and mind because you stay active, eat well, rest, and take care of yourself.
Self – belief	Confidence in yourself and your ability to achieve your goals.

Steps to Success in Fitness
To move at speed with control
To move with control when tired
To perform exercises holding your own body weight
To perform exercises such as lunges, sit ups and crunches
To skip using a skipping rope
To perform exercises for sustained periods of time