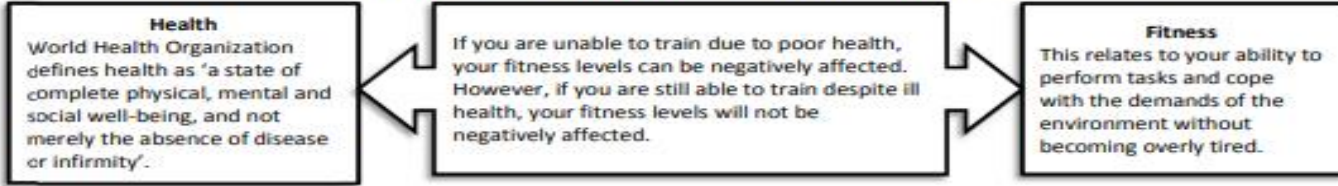


Health, Fitness and Fitness Components



Relationship between Health and Fitness



Components of Fitness and Physical Activity

The different components of fitness which can be improved through physical training are outlined below. Different sports require different components to perform different skills.

