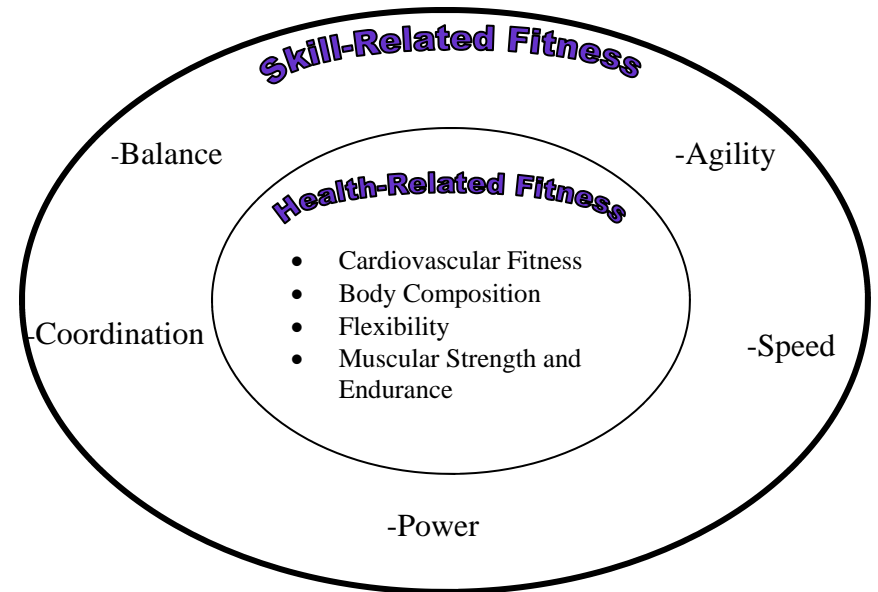


# CARDSfit Fitness Month



## Components of Physical Fitness



### Fitness Tip

Physical Fitness definition is “a state of well-being with a low risk of premature health problems and energy to participate in a variety of physical activities.” (Howley & Franks, 2003)