

Max's Mighty Fitness Challenge

Get moving, get stronger, and feel your best with Max the monkey!

- **Cardiovascular fitness** refers to how efficiently your heart and lungs work together during sustained physical activity.
- **Muscular strength** allows you to exert force against resistance, such as lifting a heavy bag of books or climbing a rope.
- **Flexibility** is the range of motion in your joints, which helps you reach, stretch, and move with ease during sports.
- **Physical endurance** is your body's ability to keep going without getting tired, allowing you to run, jump, and play for longer.
- **Regular exercise** releases endorphins, which are natural chemicals in your brain that help you feel happy, calm, and focused.

Did you know? Did you know? When you exercise, your heart acts like a powerful pump. It works harder to deliver oxygen-rich blood to your muscles, which is why your pulse quickens and your skin might turn a healthy, rosy pink!

Key vocabulary: Cardiovascular · Endurance · Flexibility · Pulse · Stamina · Muscular strength