

# Max's Guide to Peak Performance!

Get Active, Get Fit, and Feel Fantastic!

- **Cardiovascular fitness improves how well your heart and lungs work together to supply oxygen to your muscles during sustained activity.**
- **Muscular strength allows you to exert force against resistance, helping you lift, push, and carry objects effectively.**
- **Flexibility is the range of motion in your joints, which is vital for preventing injuries and helping you move smoothly.**
- **Muscular endurance is your muscles' ability to repeat an action or hold a position for a long period without getting tired.**
- **Recovery time is just as important as the workout itself; it is the time your body uses to repair tissues and grow stronger.**

*Did you know? Did you know? When you exercise, your heart acts like a powerful pump. A fit heart doesn't have to beat as many times to move oxygen around your body compared to someone who doesn't exercise often. This is why athletes have a lower resting heart rate!*

**Key vocabulary: Cardiovascular · Endurance · Flexibility · Pulse · Strength · Recovery**