

## Max's Mission: Mastering Fitness and Vitality

Get Active, Get Strong: Unlock Your Potential with Max the Monkey!

- **Cardiovascular endurance** refers to the ability of the heart and lungs to supply oxygen to the body during sustained physical activity.
- **Muscular strength** is the capacity of a muscle group to exert force against a resistance, essential for lifting, pushing, and pulling.
- **Flexibility** is the range of motion around a joint, which can be improved through consistent stretching and dynamic movement.
- **Regular physical activity** strengthens the skeletal system by increasing bone density and improving joint stability.
- **Rest and recovery** are just as important as exercise; they allow the body to repair muscle tissue and replenish energy stores.

*Did you know? Did you know? When you exercise, your heart acts like a powerful pump, sending oxygen-rich blood to your muscles faster than when you are resting. This process helps your body become more efficient at producing energy, which is why your breathing deepens and your pulse quickens during a vigorous game of tag!*

**Key vocabulary:** Cardiovascular endurance · Muscular strength · Flexibility · Metabolism · Aerobic capacity · Pulse rate · Agility