

## Components of a Safe Workout

**Warm-up**—The first part of the safe workout, in which slow movements get the body ready for the fitness activity.

**Fitness activity**—The part of the safe workout in which you perform strength and endurance fitness exercises.

**Cool-down**—The part of the safe workout in which your body slows down and recovers from the fitness activity.

**Stretch**—The last part of the safe workout, in which you do exercises that improve flexibility fitness.

## Safe Workout Terms

**Pacing**—Maintaining a comfortable speed so that you can perform your exercise over an extended time.

**Flexibility fitness**—The part of fitness that stretches the muscles and body parts around the muscles to keep your body injury free and ready for action.

**Strength fitness**—The part of fitness that makes your muscles (except the heart muscle) stronger and healthier.

**Endurance fitness**—The part of fitness that improves the heart muscle, lungs, and blood vessels (builds cardiorespiratory fitness).