After watching the video *Essential Physical Fitness: What Every Teen Needs to Know* and participating in the activities included in this Teacher’s Resource Book, your students will be able to:

- define cardiovascular endurance, muscle strength, flexibility, balance and coordination, and body composition
- explain the importance of each of the five elements of fitness
- describe ways to improve each of the five elements of fitness
- list the physical and mental benefits of being fit
- assess their own levels of fitness in each of the five areas
- explain the body mass index and how it relates to body composition
- describe the basics of the USDA’s MyPyramid food guide
- create a personalized fitness plan that includes a variety of activities to improve all five elements of fitness
- describe how to start a physical activity program safely