



Summary

Physical fitness is the body's ability to function efficiently and effectively. It consists of health-related physical fitness and skill-related physical fitness. Physical fitness is associated with a person's ability to work effectively, to enjoy leisure time, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Wellness is the integration of many different components (mental, social, emotional, spiritual, and physical) that expands one's potential to live (quality of life) and work effectively and to make a significant contribution to society. Wellness reflects how one feels (a sense of well-being) about life as well as one's ability to function effectively.