



## References

U.S. Department of Health and Human Services. *Physical activity and health: a report of the General Surgeon*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion; 1996.

### Link

<http://eisports.weebly.com/components-of-fitness.html>

[www.bettermovement.org](http://www.bettermovement.org)

[www.bodybuilding.com/exercises/main/popup/name/chin-up](http://www.bodybuilding.com/exercises/main/popup/name/chin-up)