

Fitness

[... a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity... and low risk of premature development of hypokinetic diseases...]

Fitness = Capacità di esercizio

American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 2010

Capacità di esercizio?

Cardiovascular power/endurance

Muscular strength/endurance

Flexibility

Body composition

Agility

Coordination

Balance

Power

Reaction time

Speed

Capacità di esercizio?

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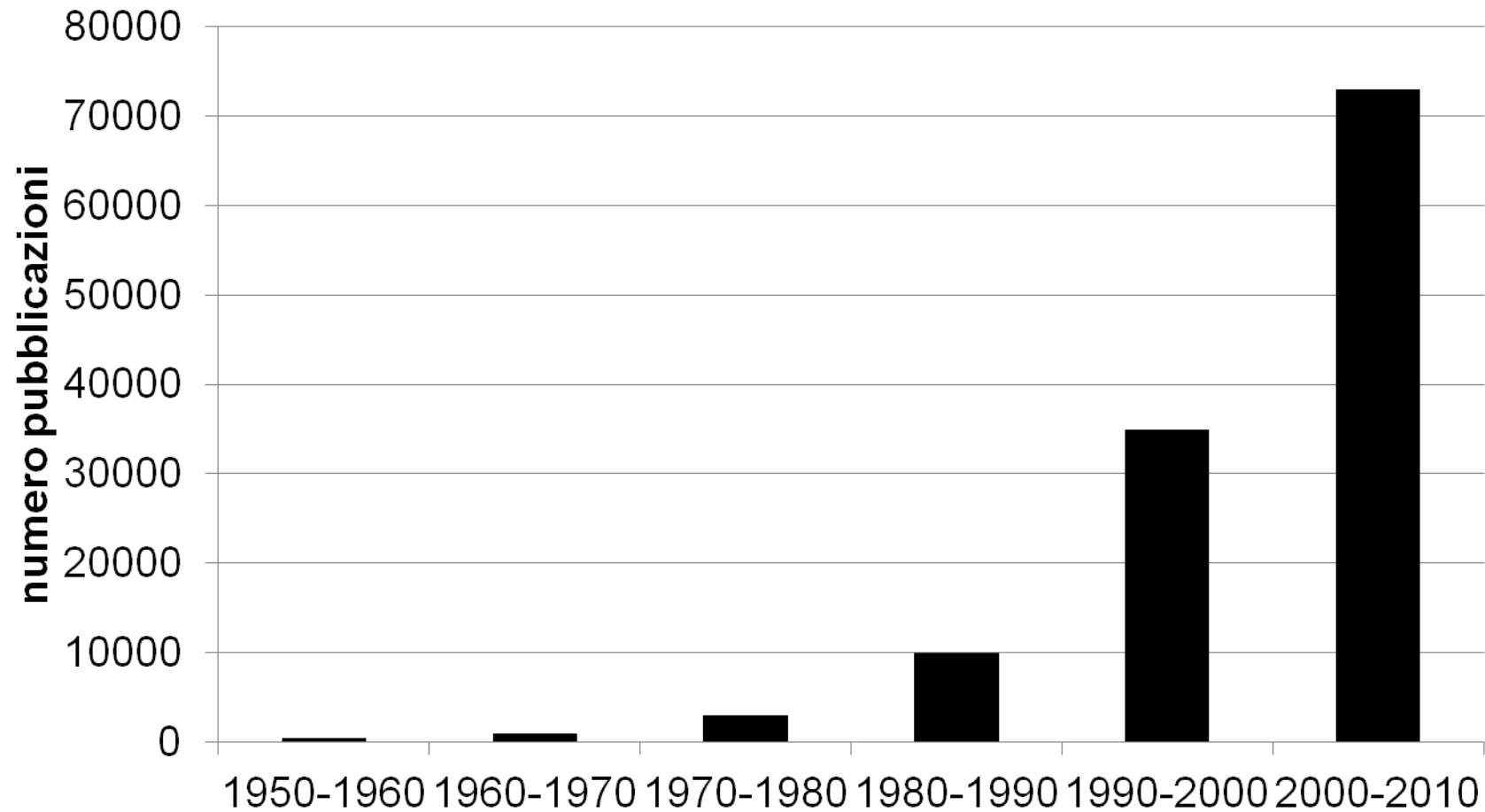
Balance

Power

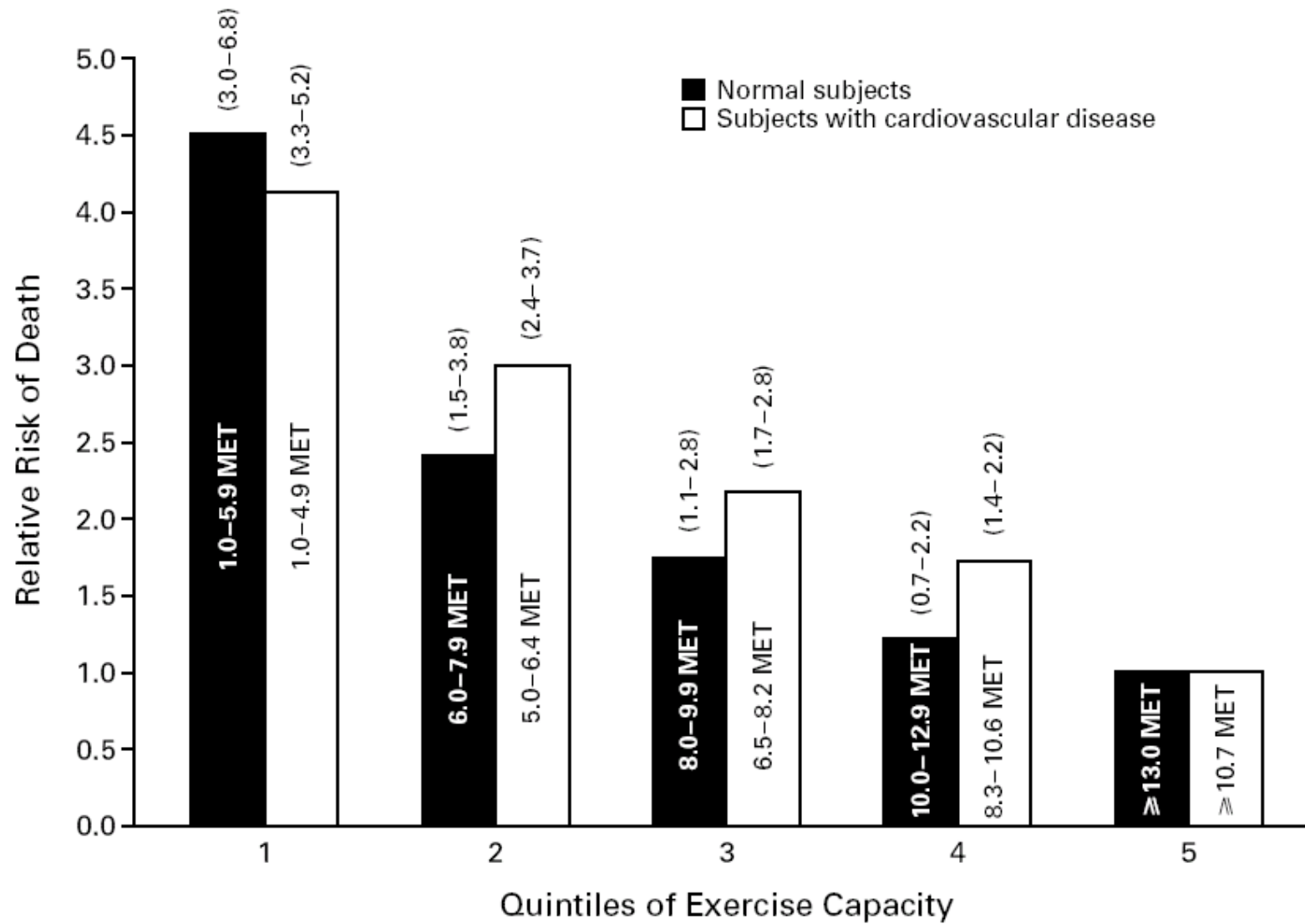
Reaction time

Speed

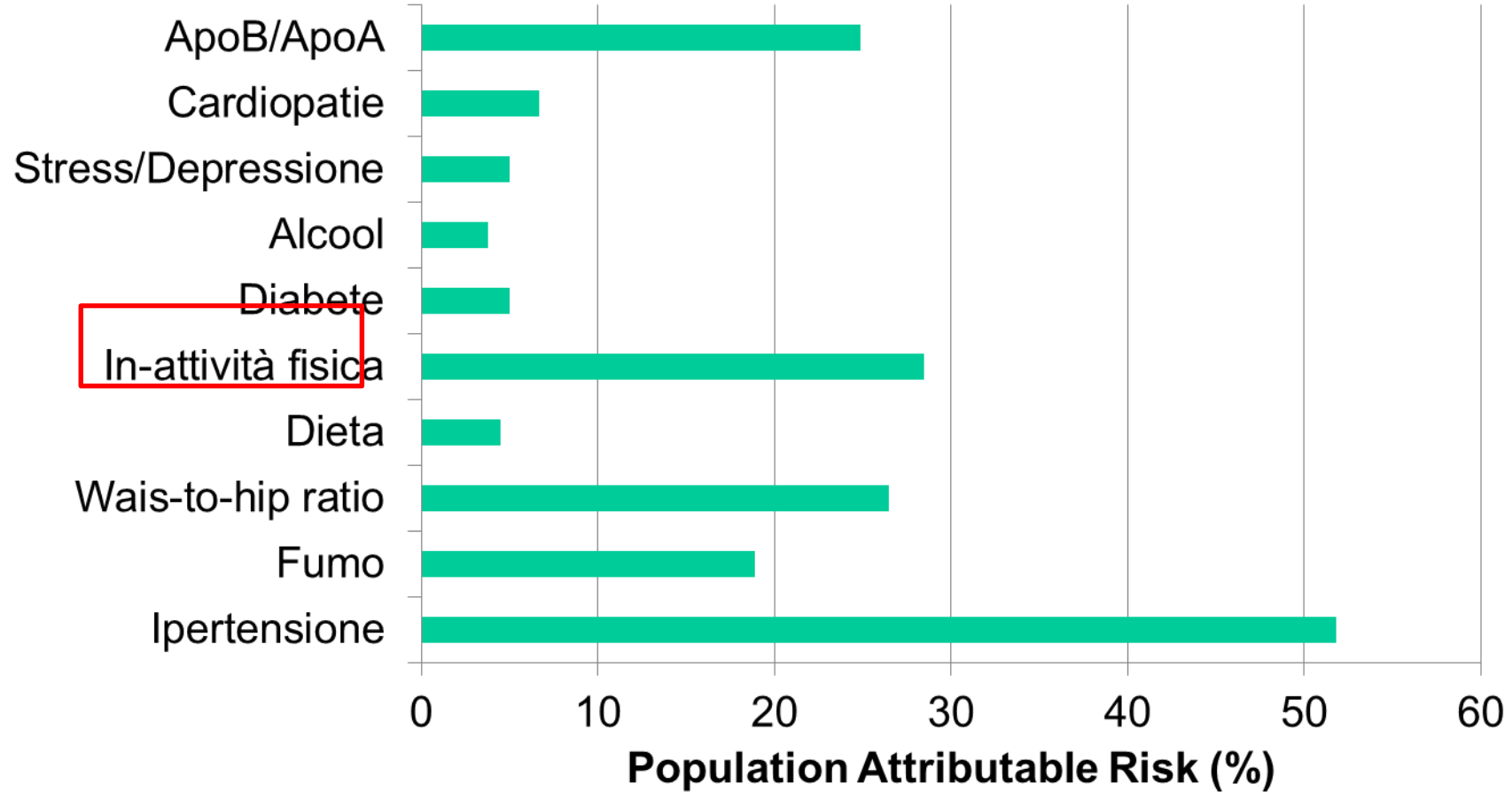
Attività fisica e malattie cardiovascolari



Courtesy Prof. S. Blair, Dept of Exercise Science & Epidemiology/Biostatistics, University of South Carolina



Studio INTERSTROKE



Corretti per età e sesso

O'Donnell MJ et al. *Lancet* 2010.