

## AEROBIC FITNESS

Aerobic fitness is your ability to walk, run, wheel, or work for a long period without being unusually tired or short of breath.

Aerobic fitness allows you to perform your daily and sports activities without becoming too tired.

Aerobic fitness depends on good condition of your heart and blood vessels, and your lungs.

Aerobic fitness is important for your daily activities and for your sports.

### **If your fitness is poor, you may have these problems:**

- You may get tired more easily when you are active.
- You may have to stop because you are short of breath.
- You may not be able to do the activities that you want.

