



# What is Fitness? Starter Resource

The athletes pictured below are all elite performers with a high level of fitness.



Grace Reid  
Diving



Ardie Savea  
Rugby Player



Alex Yee  
Triathlete



Chen Lijun  
Weightlifter



Jade Jones  
Taekwondo Athlete

**Which component of fitness is most important for each performer? In your opinion, which athlete has the highest level of fitness and why?**

**Consider each of the components of fitness within your answers:**

