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chapter 7 fitness for life. STUDY.

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Saud_Arj. Key Concepts: Terms in this
set (13) Activity that is equivalent to
brisk walking in intensity is

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considered to be _____ physical activity. lifestyle.

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Daniel_McGrath11. Terms in this set (20) Physical Fitness. The ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Health.

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by. PriscillaLau. Key Concepts: Terms
in this set (20) Exercise. physical
activity done for the purpose of
getting fit. The Stairway to Lifetime

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Fitness. a series of steps to help you achieve lifetime fitness.

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worksheet 3: Fitness for Life

•Physical Activity is movement of the large muscles of the body. • P.A.

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includes sports, dance, and activities done at home or work such as walking, climbing stairs, or mowing the lawn. Most people become less physically active as they grow older.

- The Surgeon General ' s report on Physical

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Worksheet 3: Fitness and Wellness for All

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101 at Milligan College. Chapter 3
Answers Question 1 What effect does
regular moderate endurance exercise
have on a person? It

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Hayden_Mays0. Terms in this set (23)
Walking. Safe, easy and least
expensive form of aerobic exercise.

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Walk at 4 mph or faster. Add arm swinging for greater aerobic benefit. Can be performed in water.

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Test Your Knowledge; Chapter 3 -
Cardiorespiratory Fitness. What are

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the cardiovascular and respiratory systems? The CR System and Energy Production; Changes in the CR System; Measuring Heart Rate; Measuring Intensity; Cardiorespiratory Fitness Assessment; Test Your Knowledge; Chapter 4 - Muscular Strength and Endurance.

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Muscular Physiology; Muscle Fiber
Types

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Resources – Human Kinetics

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