

Chapter Twelve - Improving Your Personal Fitness

Quiz Clues

- ✓ Name two reasons to become and stay physically fit

- ✓ Be able to define aerobic and anaerobic

- ✓ List two of the important components to any fitness program

- ✓ When lifting weights for endurance purpose, do you lift a higher or lower percentage of your maximum weight?

- ✓ When lifting weights for strength purposes, do you lift a higher or lower percentage of your maximum weight?

- ✓ What is the best first aid treatment for non-life threatening personal fitness injuries?

- ✓ What is the name of the 'feel-good' hormone released after approximately 25 minutes of continuous exercise?

- ✓ Be able to define F.I.T.T.

- ✓ Know what are two types of flexibility activities?

- ✓ Be able to define H.I.I.T