Chapter Eleven - 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?

✓ Name two types of aerobic or cardiovascular workouts

✓ 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