

Name: \_\_\_\_\_

## Importance of Physical Activity

1. List four factors that determine your level of physical fitness.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

2. Define physical activity:

\_\_\_\_\_

3. List five benefits of exercise:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

4. What should you do before every workout? \_\_\_\_\_

5. What is the FITT principle?

- F: \_\_\_\_\_
- I: \_\_\_\_\_
- T: \_\_\_\_\_
- T: \_\_\_\_\_

6. What are the exercise recommendations for?

- Frequency: \_\_\_\_\_
- Intensity: \_\_\_\_\_
- Time: \_\_\_\_\_
- Type: \_\_\_\_\_

7. When you have a negative effect during an exercise workout – what should you do?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

**Choose an activity that you enjoy doing and have fun as you become healthy!**