

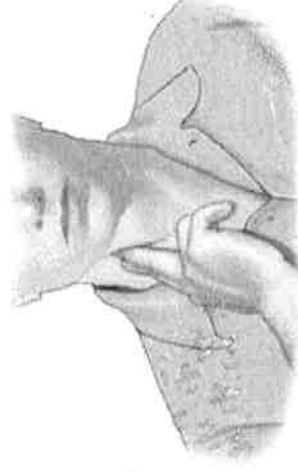
Fitness Question

Name two changes in the body's responses during moderate to vigorous physical activity.

Fitness Question

What two locations can you find your heart rate?

Hint:



Fitness Question

Which of the following is NOT a health related component?

- a) Muscular strength and endurance
- b) Aerobic fitness (Cardio)
- c) Agility
- d) Flexibility

Fitness Question

How many minutes a day should you participate in physical activity?

- a) 15 minutes
- b) 30 minutes
- c) 45 minutes
- d) 60 minutes

Fitness Question

Give one example of a low intensity exercise and one example of high intensity exercise.