

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

Period: \_\_\_\_\_

# Fitness For Life

## UNIT 2

### LIFESTYLE PHYSICAL ACTIVITY & ATTITUDES

The hardest thing about exercise is to **start** doing it. Once you are doing **exercise regularly**, the hardest thing is to **stop** it.



1. A \_\_\_\_\_ is a brief summary of your fitness.
2. To build a fitness profile, you \_\_\_\_\_ all your self-assessment results.
3. Why is it necessary to periodically reevaluate your fitness program and goals?
4. List the benefits associated with good fitness and wellness.
5. Most people become \_\_\_\_\_ active as they grow older.

6. Define Hypokenetic:

List (4) hypokenetic conditions:

7. In the 21<sup>st</sup> Century, what are the three leading health problems?

#1:

#2:

#3:

8. What is a risk factor?

Primary Risk Factors:

List (5) other primary risk factors that contribute to heart disease.

9. Explain the difference between controllable & non-controllable risk factors. Give examples.

Controllable:

Non-controllable:

12. What makes up your cardiovascular system?

13. What makes up your respiratory system?

14. Define resting heart rate?

15. Aerobic Activity:

16. Anaerobic Activity:

17. List the five components of good health:

S:

P:

I:

E:

S:

18. Why is a chain used to show the different components of health and wellness?

19. What are some components of the warm-up and cool down and why are they important?

Warm-up:

Cool down:

20. Define Overuse Injury:

List (2) common overuse injuries

21. What are biomechanical principles?

22. What does RICE stand for?

R

I

C

E

23. How does the acronym SMART refer to goal setting?

S

M

A

R

T

24. What is a long term goal?

25. What is a short term goal?

*Give an example of short term and long term goals that you have set for yourself to improve your Fitnessgram scores this semester.*

Long Term Goal:

Short Term Goals:

***Discussion Question:***

*What are some healthy lifestyles you now practice? What are some healthy lifestyles your family practices? What changes would you make to your lifestyle to improve your personal health and wellness?*

# Healthy Lifestyle Plan

## Step 1: Determine Personal Needs

Check one area of personal health that you would like to plan to change.

- eat better
- reduce stress (deep breathing, night yoga, prioritize)
- avoid destructive behaviors (bullying, pornography, drugs)
- adopt safety habits (seat belt, not using phone when driving)
- seek and follow medical advice
- learn first aid and or CPR
- sleep (no cell phone in bedroom)
- pick your own and have it approved \_\_\_\_\_

## Step 2: Develop a Personal Profile

From the area chosen in step 1, describe your personal behavior related to the personal need that you identified.

## Step 3: Set Goals

List one SMART goal for the healthy lifestyle change you would like to make.

My goal is to \_\_\_\_\_.

Measurable steps to goal	When do I start?	Resources needed	Did I achieve it?	Why not?/Solution