

Name: _____

Hour: _____

Step: Sample Worksheet

1. What is your favorite aerobic activity (does not have to be in the study guide)?

2. What is the definition of aerobic exercise?

3. What are the two waste products of aerobic exercise?

4. What are a few differences between aerobic exercise and anaerobic exercise?

5. What is the waste product of anaerobic exercise? _____
6. What helps eliminate this waste product from the body? _____
7. What is the definition of fitness? _____

8. What three things are needed to obtain fitness?

9. What is the percentage of Americans, 18 years and older that get enough exercise to impact their cardiovascular health? _____
10. What is the leading cause of death in the United States? _____
11. What are the four factors that can lead to heart disease?

12. Who can be helpful in preventing fitness as a part of functional health?
