## **Physical Fitness**

## **Independent Study Questions**

Pgs. 230-234

## Health 5-Mrs. Maus

Name	Hour	
1. Explain what it means to be to		
2. List 2 PHYSICAL benefits of p	physical fitness (p. 230-231)	
3. List 2 MENTAL/EMOTIONAL	benefits of physical fitness (	(p.230-231)
		Get FIT!
4. List 2 SOCIAL benefits of phy	sical fitness (p.230-231)	0

STAY Fit!

5.	TRUE or FALSE Each person's body has a fitness potential level (p. 232)
6.	Describe what fitness potential level means (p.232)
7.	What are the 2 categories of exercise? (p.234)
8.	Explain how aerobic exercise is different from anaerobic exercise (p.234)
9.	List 3 examples of aerobic exercise (p.234)
	10. List 3 examples of anaerobic exercise (p.234)