

- 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)**