

ANNA BJORK

Fitness for Life

Chapter 15 – Chapter review

1. Many products sold as sport supplements, or ergogenic aids, are quack products.
2. A passive exercise uses machines or outside forces to move your muscles.
3. A method of advertising or selling that uses false claims is called quackery.
4. A food supplement is a product intended to add to a person's nutritional intake.
5. A Fad diet often promises quick results but is usually nutritionally unbalanced.

Next to each number, write the letter of the best answer.

- | | | | |
|---------------------------------------|----------|---|--|
| 6. Medical doctor | <u>b</u> | a | may not be an expert |
| 7. Certified health education teacher | <u>e</u> | b | provides medical advice |
| 8. Registered physical therapist | <u>d</u> | c | offers advice about diet and nutrition |
| 9. dietitian | <u>c</u> | d | has information about fitness |
| 10. nutritionist | <u>a</u> | e | answers concerns about general health |

11. Describe three ways you can recognize quackery.

Quick results, no work required, untested

12. Explain the effect of spot exercises on levels of body fat.

You can't get rid of a certain fatty area, but you can strengthen the muscles.