

Fitness for Life
Chapter 18 – Chapter review

1. A fitness profile is a brief summary of your fitness.
2. A person who is sedentary is also called a couch potato.
3. You are considered to be active for life if you perform physical activity on a regular basis and have for some time.

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

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|-----------|------------------|---|
| 4. Step 1 | _____ | a Structure your program and write it down |
| 5. Step 2 | _____ | b Evaluate your program after you have tried it |
| 6. Step 3 | _____ | c Collect information |
| 7. Step 4 | _____ | d Set goals |
| 8. Step 5 | _____ | e Consider a variety of activities |

9. Explain why constructing a fitness profile is an important part of collecting information for program planning.

to determine needs and interests

10. Why is it wise to keep a fitness log?

for accountability, and record

11. Why is it necessary to periodically reevaluate your fitness program?

to see if it is still working for you.

12. Why is it important to develop your own fitness program and not just use one developed for someone else?

Other fitness plans may not be best for you.