

Fitness for Life  
Chapter 4 – Chapter review

1. For optimal benefits, you should perform activities from all parts of the Physical Activity Pyramid each week.
2. The minimum amount of overload needed to achieve physical fitness is called threshold training.
3. If you are exercising in your target fitness zone, you are between your threshold of training and your target ceiling.
4. If you achieve a Good fitness rating, you probably are at the level of fitness needed to live a full, healthy life.

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

- |                   |   |      |   |
|-------------------|---|------|---|
| 5. target ceiling | → | 7 a  | how hard you perform physical activity    |
| 6. frequency      | → | 8 b  | increasing exercise gradually             |
| 7. intensity      | → | 9 c  | the upper limit of your physical activity |
| 8. progression    | → | 6 d  | how often you exercise                    |
| 9. specificity    | → | 10 e | doing more exercise than you normally do  |
| 10. overload      | → | 9 f  | exercise for one fitness part             |

11. How do age and maturation affect physical fitness? When older stronger to a point
12. Why should you develop a lifetime physical activity plan even if you are in the good fitness zone now? Get into the habit, responsible
13. Explain why your physical activity program should include activities from all parts of the Physical Activity Pyramid. Should You will be healthier
14. Why should you not exercise above your target ceiling? overworked
15. Explain why you should not compare yourself to others when assessing your fitness levels and needs. Everyone is different, and that means what they do may not be the best for me.