

Fitness for Life
Chapter 5 – Chapter review

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

1. Couch potato e
 2. Inactive thinker d
 3. planner a
 4. activator c
 5. active exerciser b
- ~~a~~ just bought exercise equipment
 - b is active most days of the week
 - ~~c~~ is sometimes active
 - ~~d~~ is thinking about becoming active
 - ~~e~~ is sedentary

6. Deciding to walk 30 minutes a day for the next two months is an example of a long - term goal.

7. Performing 30 push-ups by next week is an example of a short - term goal.

8. Being able to run a mile in 6 minutes six months from now is an example of a long -term goal.

9. Deciding to do flexibility exercises three days a week for the next week is an example of a short - term goal.

10. A skill that helps you change your behavior is called Building positive ^{self} perception.

11. A type of fitness that helps you learn skills is called skill related fitness.

12. A term used to describe throwing, kicking, and catching is Sports skill.

13. A self-management skill that enables you to test your own fitness is called self assessment.

14. A self-management skill that enables you to keep track of the things you have accomplished is called self-monitoring.

15. The self-management skill that helps you get the help of friends and family is called team social support.