

Fitness for Life
Chapter 6 – Chapter review

1. Activity equal to brisk walking is considered to be ^{aerobics} ~~life style~~ physical activity.
2. Activities at the base of the Physical Activity Pyramid are called life style.
3. You should perform 30 minutes of physical activity on all or most days of the week.
4. A device worn on your belt that counts steps is called a pedometer.
5. You can change your attitudes about physical activity from negative to positive.
6. A term that is used to describe intensity of activity is called a Met.

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

7. Yard work b
8. recreational a
a bowling
9. occupational work c
b mowing
10. housework d
c carpentry
d mopping
11. What are some of the reasons why people are physically active? List five positive attitudes. Fun, meet people, challenge, improves appearance, health, & wellness
12. What are some of the reasons why people are not physically active? List five negative attitudes. No time, sweat, muck, tired, lazy, tense, I'm healthy