

## Fitness For Life Chapter Test Answers Bilio

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Fitness for Life Chapter 1 Review. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. PriscillaLau. Key Concepts: Terms in this set (20) Exercise. physical activity done for the purpose of getting fit. The Stairway to Lifetime Fitness. a series of steps to help you achieve lifetime fitness.

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Fitness for Life Chapter 3. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. meI\_mccoy. Terms in this set (53) Monitoring daily physical activity. Male steps/day: 6,000 Female steps/day: 5,300 10,000 recommended steps/day for both Use a pedometer to measure the number of steps you take daily.

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Physical •Physical Activity is movement of the large muscles of the body. • P.A. includes sports, dance, and activities done at home or work such as walking, climbing stairs, or mowing the lawn. Most people become less physically active as they grow older. •The Surgeon General's report on Physical

### Worksheet 3: Fitness and Wellness for All

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Fitness For Life Chapter 4. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. Hayden\_Mays0. Terms in this set (23) Walking. Safe, easy and least expensive form of aerobic exercise. Walk at 4 mph or faster. Add arm swinging for greater aerobic benefit. Can be performed in water.

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### Fitness for life K-12 Supporting Resources - Human Kinetics

Chapter 11 Test. Refer to resources. ... Chapter 3 Test. Refer to Fitness For Life Bookmarks and Web resource for answers. ...

### Fitness For Life Assignments - JBennett-Physical Education

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### human-kinetics - Fitness for Life, Sixth Edition

View Test Prep - fitness for life chapter 3 answers.docx from EXSC 101 at Milligan College. Chapter 3 Answers Question 1 What effect does regular moderate endurance exercise have on a person? It

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