

## Walking Fitness

### Quiz 1:

The five components of physical fitness are Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

- Flexibility is the range of motion possible for each of your joints or groups of joints.
- Cardiovascular endurance is your physical ability to maintain aerobic exercise for a prolonged period of time. An example of this would be running a mile

General Info: 3500 calories = 1 pound.

It is recommended that you work out 3-4 times a week for 30 minutes.

A push up works the chest muscle.

To find your max heart rate is 220 minus your age

Squats work your quadriceps, hamstrings, and glutes.

### **Current Fitness Trends:**

Bootcamps are comprised mostly of interval training. The goal is to work multiple body parts in a shortened period of time. Bootcamps involve stations where different exercises are performed. Bootcamp are great for people looking to get into shape for the first time.

Bootcamps are helpful for people who have never been to the gym before.

CrossFit is growing quickly as a way to gain strength, endurance, balance, stamina, coordination, flexibility, and more.

CrossFit is designed for people of all ages and abilities. There are coaches that assist you with your form and technique in order to provide you with the best workout possible. CrossFit includes a variety of exercises and working styles to keep working out fresh and exciting.

### Quiz 2:

- Cardiovascular endurance is your physical ability to maintain aerobic exercise for a prolonged period of time. An example of this would be running a mile
- Muscular strength is the amount of force your muscle can exert against resistance for short duration, anaerobic activities. An example of this would be performing a squat with enough weight on your back where you can only perform the movement 1 to 4 times
- Muscular endurance deals with sustained muscle contractions and other anaerobic activities lasting less than 90 seconds. An example of this would be performing a squat 10-20 times without stopping.
- Flexibility is the range of motion possible for each of your joints or groups of joints.
- Body composition is the percentage of the body fat to lean muscle.

Perform a dynamic warm up before starting to exercise.

Sit ups work your abdominal muscles.

A maximum heart rate is the highest number of beats your heart contracts during a one minute period.

A resting heart rate is the number of beats in one minute while you are at a complete rest state.

A recovery heart rate is the heart rate your body will drop to after two minutes of activity.

A target heart rate is a heart rate range that helps you maintain an intensity level while you work out..

Heart rate is used to determine exercise intensity.