

## Food and Fit Final Study Review Sheet

- A quality fitness program should include a combination of cardiovascular fitness, strength training and core work activities on a daily basis.
- Regular exercise will increase your cardiovascular endurance, build muscle and decrease your risk of being overweight and/or developing other health problems.
- This should take base daily if possible or at least 3 times a week.
- Core strength refers to targeting the muscles of the abdominals and back that help to stabilize the body.
- Your core is responsible for being engaged during a variety of exercises and activities. The stronger your core is the easier these activities will be.
- Yoga is a great example of an exercise that can be used to develop and maintain core strength.
- Muscles that work together are called antagonistic muscles. They are 2 muscles that work in opposition of one another to perform a function.
- Examples of antagonistic muscles include biceps and triceps, hamstrings and quadriceps, back and abs.
- While one of these muscles is flexing the other is relaxing.
- Interval training is a type of workout that focuses on increasing and decreasing your heart rate while incorporating strength training exercises.
- Resting heart rate is the number of times your heart beats per minute at rest.
- The lower your resting heart rate the better cardiovascular condition you are in.
- To calculate your MAXIMUM heart rate you should take 200-your age.
- An ideal heart rate range that you should be able to maintain during activity is called your TARGET HEART RATE ZONE
- This zone should be a range from 65-80% of your maximum heart rate.

- There are 5 components to fitness. They include:
  1. Muscular strength
  2. Muscular endurance
  3. Body composition
  4. Flexibility
  5. Cardiovascular fitness
- The **F.I.T.T.** principle (in terms of your workout program) refers to
  - Frequency* – how often
  - Intensity* – how hard
  - Type* – what kinds of exercises/activity
  - Time* – how long

**Please review the 11-12 vocabulary words and definitions.  
They can be found on the school website, under divisions; physical  
development; 11-12 vocabulary.**