

PHYSICAL FITNESS IQ

Being physically fit is important to your total health. Establishing a good physical fitness program requires planning, setting realistic goals and dedication to fitness guidelines. How well do you know the basics of fitness programs? Test your knowledge by completing the word search below. Circle the words and write the answers on the line below. Look for the words vertically, horizontally, diagonally, forwards or backwards. Then answer the question at the bottom of the page.

T V A O B G I W E C C R N J
 I S I J Z V W L I B R E Z R
 F M O W Y T B B E A O S G N
 Y D T O A I O R R S S T Z E
 L W E Y X R H P Z A S I E X
 L F R E E C M X A L T N B R
 A A L A O O U U X M R G V V
 C F O S R O H K P E A H F O
 I W I X D L F J Z T I E E X
 S E L A A D E Q M A N A S L
 Y Z D B T O Y P C B I R C L
 H D E I H W V M Z O N T L J
 P B C C O N B B B L G R Z I
 I S O M E T R I C I E A I K
 S Z T Y F L K F L S L T N J
 U Y T O P H Q T V M A E X Z
 H W J N I S O T O N I C M R
 M S D L Z T K E O D X W M S

1. Physically fit
2. Flexible
3. Aerobic
4. Basal Metabolism
5. Isotonic
6. Isometric
7. Warm-up
8. Cool-down
9. Resting heart rate
10. Cross-training



- _____ 1. Being able to carry out daily tasks easily, and having enough extra energy to handle extra demands that may arise. (2 words)
- _____ 2. Ability to move body parts through full range of motions.
- _____ 3. A vigorous activity that lasts for at least 20 minutes, where oxygen is continuously taken into the system. This type of activity is good for the cardiovascular system.

PHYSICAL FITNESS IQ continued

- _____ 4. The least amount of energy required for the body to maintain basic body processes for life, such as eating, breathing, sleeping, etc. (2 words)
- _____ 5. Type of activity that combines repeated movement with muscle contraction.
- _____ 6. A type of exercise that requires little or no movement, but enables muscle tension to improve muscular strength.
- _____ 7. Stretches and exercises that are done before engaging in physical activities in order to prepare the muscles and alleviate tears and pulls.
- _____ 8. Stretches and exercises done at the end of a physical activity that allow the muscles to gradually decrease their activity and return to a normal status.
- _____ 9. The number of times the heart beats in one minute when not in a physically active state. (3 words)
- _____ 10. A type of physical regimen that combines exercise routines for different body systems, in order to obtain maximum fitness and strength.
11. Explain how being physically fit affects total health.
12. List 3 sports activities that can become lifetime activities because you can participate in them throughout life.
13. Plan a fitness program of aerobic activity for yourself that you could accomplish at least 3 times per week. List the aerobic activity along with the necessary warm-up and cool-down activities that would have to be completed. What time of day and what days of the week will you participate in this fitness program?

Let's Get Physical!

By Erin Horner

better	guide	living	being
are	is	pressure	well
active	physically	best	likely
strengthen	example	diabetes	hour-long
physical	type	other	consume
been			

Directions: Fill in each blank with the word that best completes the reading comprehension.

The USDA wants to help you make healthy food choices. That's why the people at the USDA created the nutrition (1) _____ MyPlate. But they know that it takes more than just a healthy diet to keep your body healthy and strong. Your body needs (2) _____ activity as (3) _____. The USDA wants to help make sure that you get physical!



Some physical activity, like bending over to pick up a soccer ball, (4) _____ considered light activity. Light physical activity takes energy but not very much. Moderate physical activity requires more energy. Walking along the sidelines and kicking the soccer ball back and forth with a teammate is an (5) _____ of moderate physical activity. Vigorous activities, on the (6) _____ hand, require a lot of energy. Sprinting up and down the soccer field during an (7) _____ game is vigorous!

When you are (8) _____ (9) _____, you burn some of the calories that you (10) _____. This can help you stay at or reach a healthy weight. (11) _____ active can also help you sleep (12) _____, feel good about yourself, and (13) _____ your muscles and bones. It has also (14) _____ proven to increase your chances of (15) _____ a longer life. People who are not active, however, are more (16) _____ to get heart disease, (17) _____ 2 (18) _____, and have strokes. They also tend to have higher blood (19) _____ and higher cholesterol than those who (20) _____ active.

The USDA suggests that kids ages 6-17 engage in at least sixty minutes of moderate or vigorous physical activity each day. Basically, they want you to get up and play! Jump rope, play basketball, or chase your (21) _____ friend. Have fun! When you are finished, help yourself to a quick (and

