

PHYSICAL FITNESS - KEY

1. Why is being physically active important? **you get more energy, do not feel so tired, it makes you feel good, it can improve your looks, it keeps your body in good shape**
2. What does strength training do to your body? **keeps your bones strong**
3. Why won't girls get bigger muscles if they exercise harder? **they have a different balance of hormones than boys**
4. How can you increase strength? **lifting weights in a gym, carrying things that are heavier than normal , push-ups, sit-ups**
5. What is cardiovascular fitness? **it brings more oxygen to muscles and allows you to exercise longer without becoming tired**
6. Name a few aerobic activities. **running, Nordic walking, swimming, cycling**
7. Where can you feel your pulse best? **by putting index and middle finger near your wrist**
8. How can you find out your heart rate? **count the pulse for 6 seconds, then put a zero at the end**
9. What is the target heart rate zone? **level at which the heart and lungs become stronger most quickly**
10. Why is this zone not the same for everyone? **it depends on age, sex, weight and other factors**
11. Why is it important to have healthy joints? **they allow you to move in all directions easily**
12. How can you keep them fit and healthy? **stretching activities**
13. How should flexibility exercises be done? **before and after an exercise or workout**
14. What should your clothing be like during the wintertime? **wear many layers of clothing instead of a heavy coat**
15. What else should you wear when you go biking or roller skating? **helmet and protective pads**
16. What is muscle soreness? **it happens when the activity is too tiring, or you use muscles that you don't normally use**
17. How do you make a side-ache go away? **stretch the side that hurts, take deep breaths**
18. How should you choose the activities that you want to do? **choose something that you enjoy, depending on what you want to improve**