

# Chapter 13 – Exercise and Lifelong Fitness

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## *13.1 Importance of Physical Activity*

### **Physical Activity**

is...

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### **Benefits of Physical Activity:**

#### Physical

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#### Psychological (Mental)

- Endorphins -
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#### Social

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### **5 Components of Exercise:**

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**Types of Exercise:**

**Aerobic –**

Examples:

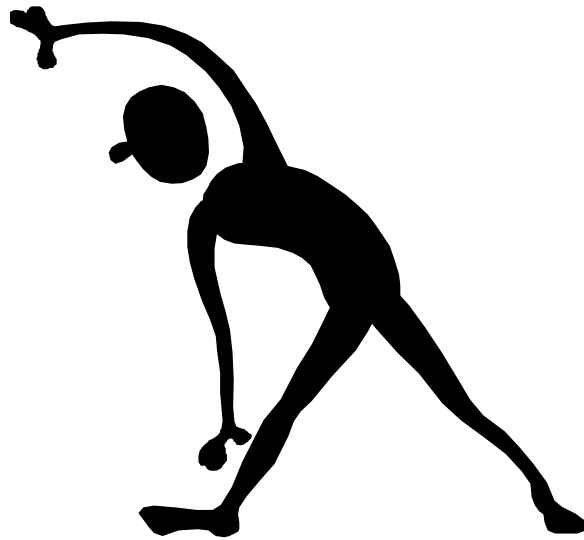
**Anaerobic –**

Examples:

**Isometric –**

**Isotonic –**

**Isokinetic –**



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## *13.2 – Setting Goals for Lifelong Fitness*

\_\_\_\_\_ is the ability to stay healthy and fit as you age.

3 things that will help you plan a **successful fitness program**:

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Goals need to be \_\_\_\_\_ and \_\_\_\_\_ !!!

**FITT Formula** is a guideline to follow to make sure you are making progress.

Progression is

\_\_\_\_\_  
\_\_\_\_\_

F \_\_\_\_\_ -

I \_\_\_\_\_ -

T \_\_\_\_\_ -

T \_\_\_\_\_ -

Phases of Exercise:

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## *13.3 – Physical Activity and Safety*

5 Safety Considerations for exercise:

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**Dietary Supplements** are

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Supplements \_\_\_\_\_ undergo the same strict testing that medications do!

**Steroids** are designed to mimic the hormone \_\_\_\_\_.

Effects of steroids on the body:

Males

Females

Both

**Overtraining** \_\_\_\_\_

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Signs of overtraining:

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