

FITNESS AWARENESS EXAM for _____

(1) One name for a new but medically proven approach to fitness is a _____ .

(2) The benefits of strictly following a wellness lifestyle usually include

(3) The six elements of a wellness lifestyle are

Which is most important _____?

Which can be omitted from your program _____?

Why? _____

(4) What is a heart rate? _____

What factors affect heart rate?

What is a heart rate monitor? _____

(5) A resting heart rate around 65 is the sign of a reasonably fit person. Higher values mean that

(6) Aerobic exercise defines a target zone heart rate. Using the pink sheet, what is your target zone for a "moderate" session? _____

(7) An aerobic exercise session uses ANY method of low impact controllable and MODERATE activity to bring AND HOLD your heart rate into the target zone for the ENTIRE session length. What are some known suitable aerobic activities?

Which two of these might be best for you? _____

(8) An already fit person can stay that way with a twenty minute aerobic exercise session every other day. A person also trying to lose weight should use a daily forty minute session instead. Outside of using up more calories, what is the main reason longer sessions are needed for weight reduction? (Hint: use the word "burn" or "metabolize" in your answer).

(9) In a wellness lifestyle, NO PAIN NO GAIN. () true () false Why?

(10) My work can substitute for aerobic exercise sessions.

- () Never
- () Yeah if my resting pulse is 65.
- () Possibly with careful measurement and adjustment.
- () Always

(11) What is the usual relationship between the calories you eat, the calories you burn, and your weight?

(12) List the four types of fat, from terrible to not too bad

- _____ (worst)
- _____
- _____
- _____ (possibly beneficial)

(13) For most firemen, what percentage of fat in your diet should be a reasonable goal? _____

(14) There are _____ calories per gram in sugar or protein.

There are _____ calories per gram in fat.

(15) A nutrition label says a 100 calorie serving includes 7 grams of fat. What percentage of calories are from fat? _____ Is this a meal you should seek out often? _____

A nutrition label says a 90 calorie serving includes 2 grams of fat. What percentage of calories are from fat? _____ Is this a meal you should seek out often? _____

(16) Skipping breakfast is a great way to loose weight. () true () false

Controlled snacking or "grazing" is a great way to loose weight. () true () false

Explain why _____

(17) For most firemen, which of the following would improve their diet?

less meat

crystal meth

better fat

better meat

more fish

more veggies

eggs benedict

hostess twinkies

fried pork rind

less fat

more fiber

more water

less dairy

better dairy

less sugar

(18) Another name for those red, yellow, or green high fiber snack kits at the produce counter is an _____ . These are by far your best snack.

(19) Good nutrition starts with a _____ diet that includes a _____ of foods.

(20) Reasonable nutritional supplements for most firemen would include

(21) Example of nutritonal supplements that ~may~ ease medical problems are

_____ for _____

_____ for _____

(22) The best of many sources for medical and fitness info on the web is _____. Sites for free access can be found by using a _____ such as _____.

(23) What resources are available to you for a wellness lifestyle program?

(24) I am completely happy with my present health and physical fitness. () true () false.

