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 nutritional supplements that ~may~ ease medical problems are
________________________________________________________________________
________________________________________________________________________

(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.