

**Skills Worksheet**

# Concept Review

## Section: Planning Your Fitness Program

### PART I

Answer the following questions about heart rate.

1. What is **RMR**? \_\_\_\_\_
2. Does slow regular exercise affect the **RMR**? \_\_\_\_\_
3. What is **MHR**? \_\_\_\_\_
4. Does a low target heart rate zone relate to the **RMR**? \_\_\_\_\_
5. What is the **MHR** for a 20-year-old person? \_\_\_\_\_

### PART II

List the five steps in designing a fitness program.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### PART III

Explain why each of these tips can help you stay motivated to exercise.

1. Levels of exercise that are challenging \_\_\_\_\_
2. Focus with a friend \_\_\_\_\_
3. Set realistic goals \_\_\_\_\_
4. Understand that you'll learn from steps \_\_\_\_\_

# Skills Worksheet Concept Review Rocks

**Arturo Cuomo**



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