

**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. How is the target heart rate zone related 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 5 1

**Paul Baines,Chris Fill,Sara Rosengren**



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