

Skills Worksheet

Concept Review

Section: Planning Your Fitness Program

PART I

Answer the following questions about heart rate.

1. What is **RMR**? _____
2. How does 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

Ralph Thomas Myers



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McGraw-Hill's SAT with CD-ROM, 2011 Edition Christopher Black, Mark Anestis, 2010-05-14 McGraw Hill's SAT will help you prepare for the big exam with its valuable features and interactive test taking practice online McGraw Hill's SAT is now equipped with new additions to better meet your needs The guide teaches critical thinking skills designed to help you solve any SAT problem And it provides test taking practice with questions just like those on the real SAT New Two complete interactive practice tests online in addition to the 4 tests in the book and 4 on CD ROM New Eight page Welcome section including How to Use This Book SAT Study Plan Getting the Most from the Online Tests and more 4 full length practice SATs with fully explained answers Detailed 10 week study plan Pull out Smart Cards for easy subject review Table of Contents Chapter 1 Conquer the SAT Chapter 2 Diagnostic SAT Chapter 3 Building Vocabulary Chapter 4 Critical Reading Skills Chapter 5 Sentence Completion Skills Chapter 6 What SAT Math Really Tests Chapter 7 Essential Pre Algebra Skills Chapter 8 Essential Algebra I Skills Chapter 9 Special Math Problems Chapter 10 Essential Geometry Skills Chapter 11 Essential Algebra II Skills Chapter 12 Writing a Great Essay Chapter 13 Essay Writing Practice Chapter 14 SAT Writing Questions Chapter 15 Essential Grammar Skills Chapter 16 4 Practice Tests Online 2 Practice Tests *McGraw-Hill's SAT I*

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