

Skills Worksheet

Concept Review

Section: Planning Your Fitness Program

PART I

Answer the following questions about heart rate.

1. What is **RHR**? _____
2. Does your regular exercise affect the **RHR**? _____
3. What is **HRM**? _____
4. Does it show target heart rate zones related to the **RHR**? _____
5. What is the **HRM** that 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. Train with a friend _____
3. Set realistic goals _____
4. Understand that you'll learn from steps _____

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