

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 _____

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Skills Worksheet Concept Review Ch 5 Sec 3:

Unveiling the Magic of Words: A Overview of "**Skills Worksheet Concept Review Ch 5 Sec 3**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Skills Worksheet Concept Review Ch 5 Sec 3**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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