

NAME: \_\_\_\_\_ PERIOD: \_\_\_\_\_

### **HEALTH BENEFITS OF PHYSICAL FITNESS**

1. What does vigorous exercise strengthen?
2. What 3 things does moderate activity do?
3. What is osteoporosis?
4. What are the 3 promises of regular activity?
5. How many deaths a year are attributed to physical inactivity?

6. What are 2 reasons many overweight people avoid activity?

7. What is considered a low-intensity activity?

8. Exercise has one specific body-slimming effect. What is it?

9. What is your metabolic rate?

10. What 3 factors does physical activity depend on?