1. Physical fitness is associated with ____________.
   a) increased self-confidence     b) more energy
   c) lowered risk of diabetes and heart disease     d) all of the above

2. The ability of the heart, lungs and blood to provide oxygen to the body during prolonged exercise is called ____________.
   a) flexibility                        b) cardiovascular endurance
   c) body composition                   d) muscle strength

3. When you perform short bursts of activity that force the body to work without using oxygen, you are doing ________.
   a) a workout                           b) aerobic exercise
   c) anaerobic exercise                  d) intervals

4. How often should you work on your cardiovascular endurance?
   a) once a week, 45 to 60 minutes at a time
   b) three days a week, 15 minutes at a time
   c) three days a week, 45 to 60 minutes at a time
   d) every day, 30 to 45 minutes at a time

5. Resistance exercises primarily improve which element of fitness?
   a) muscle strength                        b) cardiovascular endurance
   c) flexibility                           d) balance and coordination

6. ____________ is an example of a body-weight resistance exercise.
   a) pull-up                                  b) push-up
   c) dumbbell raises                        d) both a and b

This activity is continued on the next page.
7. Which of the following is not true about flexibility?

a) It is improved through performing resistance exercises.  
b) It is the ability of a joint to move its full range of motion.  
c) It helps you move more easily.  
d) It improves athletic performance and posture.  

8. ______ is the body’s ability to control itself; ______ is the ability to use all the body systems together to perform a task.

a) coordination; balance  
b) balance; coordination  
c) coordination; self-control  
d) balance; body composition  

9. Teen girls should aim for ______ body fat or less; teen boys should aim for ______ body fat or less.

a) 20%; 25%  
b) 35%; 15%  
c) 25%; 20%  
d) 10%; 5%  

10. What is the best way to maintain a healthy weight?

a) eat 1,000 calories or less each day  
b) consume more calories than you burn each day  
c) exercise three days a week  
d) balance the number of calories you consume with the number of calories you burn through exercise