

# Foundations Of Personal Fitness Answers

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## Foundations Of Personal Fitness Answers

Therefore, effective strategies to increase time for exercise include scheduling blocks of exercise time, making people more aware of your exercise time, analyzing your schedule for the best time to exercise, pursuing activities that can be done from home, finding places to exercise that are close to home, work, or school, and finding a person with whom you can exercise.

## Foundations of Personal Fitness Answers to #'s 1, 2, 3 ...

Foundations of Personal Fitness Chapter 1 Vocabulary. physical activity. exercise. Sedentary. skill related fitness. any movement that works the larger muscles of the body. physical activity that is

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planned, structured, and repetitive, ...

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student activities on fitness; nutrition; tobacco; alcohol and drug abuse; safety; and sports.

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### **Foundations of Personal Fitness - McGraw Hill**

Flexibility—increasing flexibility enables a person to move freely and helps prevent lower back problems and injuries that can occur during exercise. 5. Cardiovascular fitness—decreases the risk of coronary heart disease, increases HDLs, reduces body fat, increases the strength of the heart, and much more. 10.

### **PEFOUND Foundations of Personal Fitness To the Student ...**

Physical activity - any movement that works the larger muscles of the body, such as arm, leg and back muscles. Exercise - physical activity that is planned, structured, and repetitive, and that results in improvements in fitness. Foundations of Personal Fitness.

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