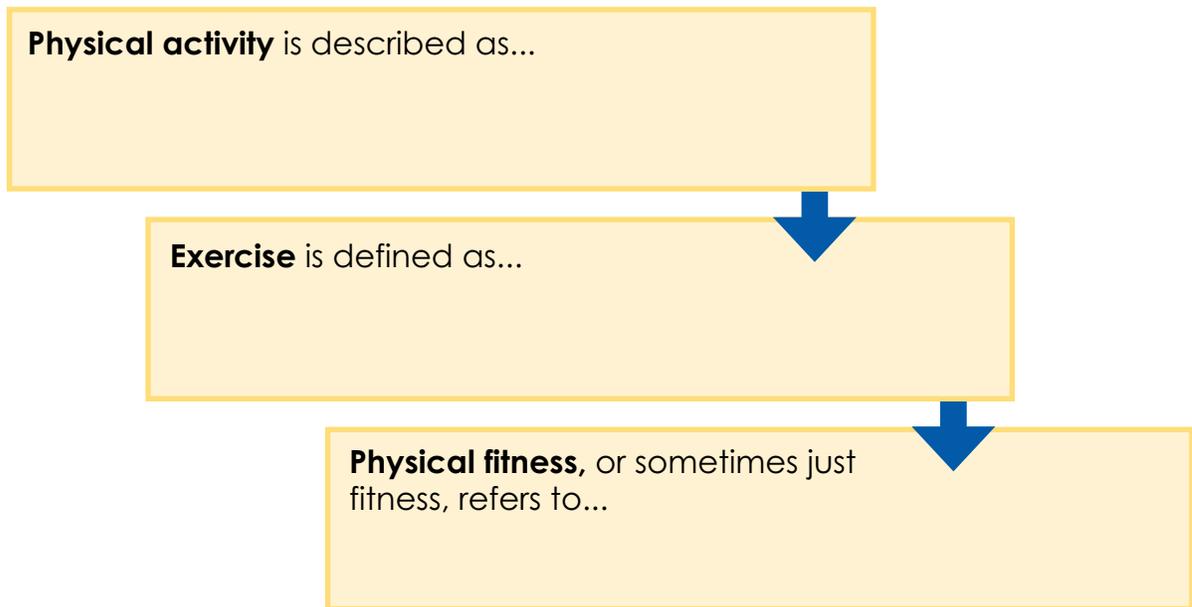


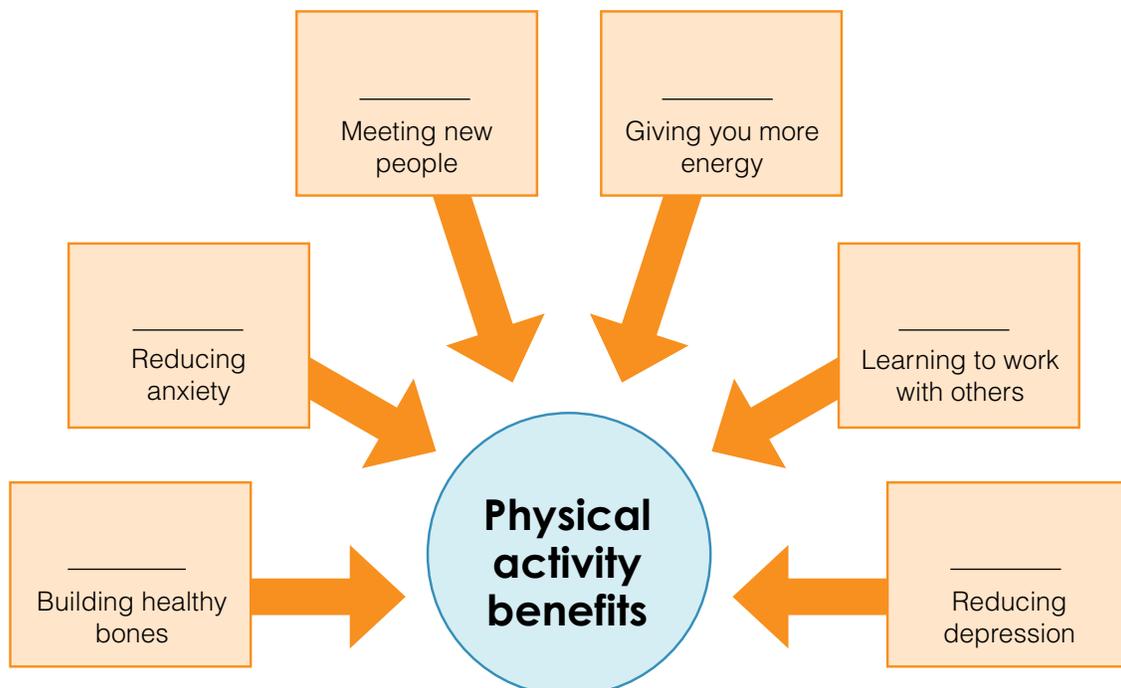
### Understanding Physical Activity, Exercise, and Physical Fitness

1. What is the difference between physical activity, exercise, and physical fitness? Complete the following chart by writing down the definitions for each term.



### Physical Activity Benefits

2. Identify which of the following benefits of exercise are physical, which are mental, and which are social by writing a *P* for physical, *M* for mental, or *S* for social in the blank in each box.



### Physical Activity and Disease Prevention

- 3. Physical activity can help reduce your risk of getting type 2 \_\_\_\_\_, heart disease, many types of \_\_\_\_\_, high blood \_\_\_\_\_, and \_\_\_\_\_.

### Physical Activity Guidelines for Teens

- 4. The U.S. Department of Health and Human Services recommends that all teens do \_\_\_\_\_ minutes or more of \_\_\_\_\_ physical activity daily.
- 5. \_\_\_\_\_ means with \_\_\_\_\_ and occurs over longer periods of time; aerobic activities make your heart beat \_\_\_\_\_ and make you breathe \_\_\_\_\_ than normal.
- 6. Complete the following table by writing down three ways to be more physically active during your day. Try to write down things you could realistically include in your day.

Three ways to be more physical active	
1	
2	
3	

### Health-Related and Skill-Related Fitness Components

- 7. When preparing to be physically active you should focus on \_\_\_\_\_ fitness components because they are fitness activities you need to do \_\_\_\_\_ to keep healthy.
- 8. Skill-related fitness components help you perform well in \_\_\_\_\_ and other activities that require \_\_\_\_\_ skills.
- 9. Both health-related and skill-related fitness components are important to your overall \_\_\_\_\_ activities and \_\_\_\_\_.

**CHAPTER 5:** Staying Active and Healthy

**Lesson 5.1**

**Health-Related and Skill-Related Fitness Components**

10. What are the five components of health-related fitness?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

11. What are the six components of skill-related fitness?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_