FITNESS WORKSHEET #2

Name: _____ Date: _____ Class: _____

SECTION 2: Structured questions.
Instructions: Study the chart below and answer the following questions.

WEIGHT

HEIGHT

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Normal | Overweight | Obese | Morbidly Obese

A. What is the name of this chart? _____

B. What is the Body Mass Index (BMI)?

_____

C. What BMI is considered to be too high? _____

D. What number represents a healthy body mass index? _____

E. What number represents a low body weight? _____

F. Use the chart above to complete the table.

Name	Height Feet, inches	Weight	Body Mass Index (BMI)	Normal, overweight, obese or morbidly obese?
Jennifer	4' 6"	120	29	Overweight
Brandon	4' 10"		46	Morbidly Obese
Sean	5'10	150		
Rhonda	6'2"	190		Normal
Shelly	6"8	250		

G. State TWO things that you can do to maintain a healthy/normal body mass index.

i. _____

ii. _____

LIVEWORKSHEETS

SECTION 2: Short Answers.

Instructions: Answer the following questions in complete sentences.

A. Define the term FITNESS.

_____

B. Define the term HEALTH.

_____

C. State THREE benefits of exercising.

i. _____

ii. _____

iii. _____

D. What is the relationship between exercise, fitness and good health?

_____

_____



LIVEWORKSHEETS