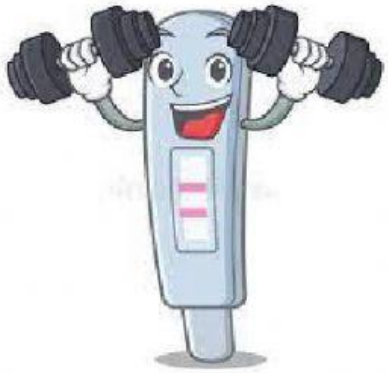
Staying Fit



Our body is designed for activities. By exercising regularly and making smart food choices, we can stay fit.

Keeping fit is about being able to push the limits of our body without any serious consequences.

1) Staying fit helps protect us from heart diseases.
    a. True
    b. False
2) Staying fit does not increase our metabolism
    a. True
    b. False
3) Staying fit does not promote strong bones, joints and ligaments.
    a. True
    b. False
4) Physical fitness has two board groupings, which are skilled related fitness and health related fitness
    a. True
    b. False
5) Are these the six skills related fitness elements? : agility, co-ordination, reaction time, speed, balance, and power
    a. True
    b. False
6) Are these the five components of health-related fitness? Body composition, flexibility, muscular endurance, cardiovascular fitness, muscular strength.
    a. True
    b. Fales
7) Adequate rest is important. What happens when you rest? (more than one right answer)
    a. Your body repairs itself
    b. Builds energy reserves
    c. Our memory will be impaired.

LIVEWORKSHEETS