Skills Worksheet

Concept Review

Section: Planning Your Fitness Program – Pgs. 133-138

PART I

Answer the following questions about heart rate.

 1. What is RHR?

 2. How does regular exercise affect the RHR?

 3. What is MHR?

 4. How is the target heart rate zone related to the MHR?

 5. What is the MHR for a 25-year-old person?

PART II

List the five steps in designing a fitness program.

 6.

 7.

 8.

 9.

 10.

PART III

Explain why each of these tips can help you stay motivated to exercise.

11. Look at exercise time as downtime.

12. Train with a friend.

 13. Set realistic goals.

 14. Understand that you’ll have bad days.