

Getting Fit
Introduction

1. What does **endurance** mean? _____

2. What problems can being fit help solve? _____

3. People who are fit are less likely to get _____;

_____ ; _____ ; or
_____.

4. Who are the characters in the book?

- ◆ _____
- ◆ _____
- ◆ _____

5. Write down three things about each of the character in the chart below.

Name:	Name:	Name:

Getting Fit Chapter 1

What is Fitness?

Before you read the chapter:

1. Write a short paragraph about what being fit means to you.

2. What is **aerobic exercise**? _____

3. What are the three areas of fitness?

- ◆ _____
- ◆ _____
- ◆ _____

4. Name two benefits of being fit:

- ◆ _____
- ◆ _____

Getting Fit Chapter 2
Find Your Fitness Level

1. How do you feel about your fitness level?

2. Answer the questions below (also found on pages 16-17)

- Can you fit into the clothes you want to wear? _____
- Are you able to keep your weight where you want it? _____
- Can you touch your toes easily? _____
- Can you walk up two or three flights of stairs without getting out of breathe? _____
- Do you have enough energy to do the things you want to do? _____
- Can you lift a heavy bag of groceries without too much effort? _____
- If someone suggests strenuous activity are you likely to take part? _____
- At the end of the day do you have energy left over? _____

3. How do you feel about your fitness level after answering the questions above?

Getting Fit Chapter 3

Set Goals

1. What is a goal? _____

2. Check goals you would like to reach through greater fitness:

- ___ build self-confidence
- ___ improve health
- ___ control weight
- ___ relax more easily
- ___ have more energy
- ___ improve appearance
- ___ improve flexibility
- ___ increase endurance
- ___ improve the way heart and lungs work
- ___ improve posture
- ___ lower cholesterol
- ___ reduce depression
- ___ strengthen bones
- ___ get more things done

3. What are your top three fitness goals?

- _____
- _____
- _____

Getting Fit Chapter 4
Choose an Activity

1. What are three factors you need to consider when choosing a fitness activity

- _____
- _____
- _____

2. Match up the body type with the characteristics:

Endomorph	big boned and muscular with broad shoulders and a big waist
Mesomorph	tall, long and slender with small wrists and ankles
Ectomorph	heavy set, wider at the hips than at the shoulders

3. What body type do you think you are? _____

4. What activities are best suited to your body type?

5. What is cross-training? _____

6. Look at the activities chart on page 33. Do any of the activities interest you? Why or why not?

Getting Fit Chapter 5
Before You Begin

Dressing for Exercise

It's important to wear the _____ clothing when you exercise. The _____ clothing can cause discomfort.

In cold weather wear _____. In warm weather wear _____ clothing. Wear _____ when exercising outside.

Always _____ equipment before you buy it.

right

layers

coloured

wrong

sunscreen

test

light

Getting Fit Chapter 6
Measure Your Progress

1. Fill in the chart below with Mitch's long-term fitness goals and your long-term fitness goals.

	Long-term goals	Short-term goals
Mitch		
Me		

2. What are two things you can do to help stay on track with a fitness plan?

- ◆ _____
- ◆ _____

Getting Fit Chapter 7
The Right Way

1. What are the three most important parts of a workout?

- ◆ _____
- ◆ _____
- ◆ _____

2. Fill in the blanks with the words listed below:

The Cool-Down

Cooling down allows your _____ rate to slowly return to _____. It _____ the stiffening of _____. It prevents the pooling of _____ in the _____.

reduces heart normal muscles blood legs

Getting Fit Chapter 8
Eat for Energy

1. Match up the word with the correct meaning.

Muscles	Burns a lot of calories
Dehydrated	Turn food into substances the body can use
Carbohydrates	Having a lot of fluid or water in the body
Exercise	Low fat foods that provide energy, like pasta, whole grain breads and cereals
Digest	Made mostly of protein

Getting Fit Chapter 9

Avoid Injury

1. What are three common injuries?

- ◆ _____
- ◆ _____
- ◆ _____

2. Fill in the blanks to make the words of the R.I.C.E. formula.

R _ _ _ the injured area for one or two days
I _ _ the area for 5 to 10 minutes each hour.
C _ _ _ _ _ _ _ _ the area.
E _ _ _ _ _ _ _ _ the area.

Getting Fit Chapter 10
Some Popular Activities

1. Discuss the types of activities listed and then fill in the chart below as a group. In the second column list facilities, clubs or locations where you can access these activities locally.

ACTIVITY	LOCAL FACILITY/CLUBS/LOCATIONS
Walking	
Running	
Swimming	
Bicycling	
Health Clubs	
Exercise Videos	
Other: _____	

Getting Fit Chapter 11
How to Keep Going

1. Describe how each of the characters were able to keep involved in a fitness program:

A. Rita

B. Mitch

C. Tonya
