Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Health Fitness and Healthy Weight Study Guide**

1. How often and for how long should teens engage in aerobic activities?
2. How does physical fitness benefit your mental health?
3. What are risks of inactivity?
4. What are benefits to resistance exercise?
5. Benefits to drinking water during a workout
6. What is BMI? What does it measure?
7. Drawbacks to being underweight
8. Facts about weight loss plans
9. Eating disorders and dangers of
10. Forms of vegetarianism
11. Dietary supplements; megadoses
12. Elements of fitness
13. Healthy weight loss strategies
14. Metabolism; what is it
15. Aerobic workouts vs anaerobic workouts
16. What is overload?
17. What is F.I.T.T.?
18. Elements to a fitness routine.