**CH. 6 STUDY GUIDE – PHYSICAL FITNESS**

* KNOW THE FOLLOWING TERMS: Chronic Disease, Resting Heart Rate (RHR), Target Heart Rate Zone, FITT, Insomnia, Physical Fitness, Overtraining, Dehydration, Sleep Apnea
* Exercise helps you to prevent chronic diseases, cope with stress, increase your heart strength, and increase your energy level.
* When beginning a fitness program you should check with your doctor with any health concerns, look at the cost involved, and choose activities you enjoy.
* Sleep deprivation leads to stress-related problems, illness, and accidents.
* Walking, cycling, and swimming are all examples of AEROBIC exercise.
* Baseball, bowling, and weight lifting are examples of ANAEROBIC exercise.
* Your target heart rate zone is between 60 & 80% of your maximum heart rate.
* To gain benefits from exercising you should exercise strenuously at least 4/5 times a week.

**CH. 8 STUDY GUIDE – WEIGHT MANAGEMENT**

* Know the following terms & definitions: energy balance, heredity, body mass index, fad diet, gastric bypass, body image, & anorexia nervosa
* If the amount of food energy taken in is LESS than the amount of energy used, then weight loss will occur.
* If the amount of food energy taken in is MORE than the amount of energy used, then weight gain will occur.
* Your mood, the smell & taste of food, and where you live all influence the type of food you eat.
* If you are on a healthy weight mgmt plan and your friends ask you to go out for ice cream, you should go but decline to eat ice cream. Make a healthier choice instead.
* Having a job that depends on body shape & weight is one factor that contributes to eating disorders.
* If you suspect your friend has an eating disorder you should: let your friend know you are concerned, listen to what they have to say, and advise them to see a doctor or talk to an adult.
* Before beginning a weight-loss plan talk to a doctor.
* Signs of a food allergy: upset stomach, body aches, difficulty breathing, rash.
* Explain benefits of eating a healthy breakfast.
* Discuss health risks associated with obesity.
* Describe ways that food-borne illness can be prevented.