

Fit & Well Review Questions from Chapter 1, 2, 3, 11.

How do you find your target heart rate zone? (Show your work)

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Calculate a 30 year old man's target heart rate zone.

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What is the minimum amount of time one should spend in the Target HRZ?

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How often should one exercise per week to see some fitness gains?

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What is the benefit of a good warm-up?

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What is the benefit of a good cool-down?

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How long should one take to warm-up and/or cool down?

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What does F.I.T.T. stand for?

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| F - |
| I - |
| T - |
| T - |