

Name: \_\_\_\_\_

## Fitness Smarts

After reading “Test Your Fitness IQ” on page 12, answer the following questions.

1. Give an example of an activity that improves heart health. What is your favorite type of heart-healthy exercise?

---

---

2. Angela is about to go to soccer practice and she’s hungry. She looks in the kitchen and finds crackers and peanut butter, frozen yogurt, and leftover meat loaf. What would be the healthiest choice for Angela, and why?

---

---

3. Diego went out for lunch with his family and ate a hamburger, a milk shake, a baked potato, and a salad. How long does he need to wait until he can play basketball? Why?

---

---

4. Before going for a run, Sam stretches and warms up by walking. After running, he stretches again. Did he do the right thing?

---

---

5. Plan one week’s worth of daily exercise. What activities might you do? (For instance, take 20 minutes to walk to school one day, then bike for another 40 minutes with friends.)

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_

Day 6: \_\_\_\_\_

Day 7: \_\_\_\_\_

- Bonus Activity:** Challenge yourself! This week, try one new activity that gets your heart pumping, stretches your muscles, or makes you sweat. What will you pick and why?

---

---