

Chapter 4 Test Keeping Fit and Active

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1. d
2. a
3. j
4. i
5. f
6. c
7. e
8. h
9. g
10. b

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11. c
12. b
13. d
14. e
15. a
16. D
17. F
18. C
19. G
20. D

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21. Answers will vary. Possible answer:

Aerobic Exercises	Anaerobic Exercises	Warm-up/Cool-down Exercises
bicycling	rowing	stretching
jogging	100-meter sprint	slower version of activity

22. Possible response: Ron could build up endurance by jogging a little longer every day. He could lift stacks of books to help build arm strength.
23. Possible answers: swimming, biking, hiking, tennis, playing baseball, volleyball, going on a picnic, and going to a park
24. Possible responses:
1. Sally can make a plan and determine whether she needs help.
 2. She can start with a small number of crunches each day and gradually increase both the number of crunches and the number of times she does crunches each day.
 3. To measure improvement, she can record in a chart how many crunches she is able to do.
25. Possible answers: muscle stretches for both the arms and the legs and riding slowly to warm up the muscles, including the heart