

## Reteaching Activity 8-3

**Directions:** Write the letter of the word or phrase from the box that belongs to the FITT principle.

### Frequency

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

### Intensity

- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

### Time

- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_

### Type

- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_

- a. aerobic activities
- b. time per workout
- c. target heart rate
- d. beginner: 3-5 days per week
- e. maximum heart rate
- f. beginner: 20-30 minutes
- g. moderate to high: 145-185 beats per minute
- h. kickboxing
- i. moderate to high: 5-7 days per week
- j. moderate to high: 30-60 minutes
- k. racquetball
- l. beginner: 120-145 beats per minute

1st X

## Consumer Corner—Selling Fitness: Misleading Claims

Why would people believe the claims of advertisers who promise quick results with little or no work?

### CONSUMER CORNER

### Selling Fitness: Misleading Claims

As with other areas of health and fitness, people look for shortcuts or easy ways out. Although no quick fixes exist, promoters and advertisers suggest that they do. They have come up with a number of products and claims that should be approached with caution. Here are some to watch out for:

- **Promises of quick results.** Unless you already achieved good-to-better levels of fitness, don't expect miracles. A realistic estimate of when you should expect results is between 8 and 30 weeks. The more unhealthy your eating plan and the longer you have
- **Equipment that does the work for you.** These include motorized exercise machines, belts, and massagers. These do not overload the heart, lungs, or blood vessels. Without that overload, you cannot improve your cardiorespiratory endurance.
- **Pills and foods.** Contrary to what the ads promise, there are no pills or foods that exercise the heart. Some chemicals may speed up the heart rate, but these do not improve heart and lung function. In fact, some can be dangerous.