

- Get up at the same time every day regardless of when you went to sleep.

8) How should you create/write goals? (2.07)

9) What are brain foods? (3.02) cottage cheese, apples, bananas, oatmeal, eggs, pears, grapes, lean ham, whole wheat bread, oranges, mangos, cherries, nuts. "

10) What are the benefits of drinking water? (3.02)

11) What is the importance of Flexibility? (3.03)

12) What are the benefits of cardiovascular conditioning? (3.05)• reduces body fat helping to prevent disease associated with excess fat such as heart disease

- strengthens the immune system
- helps prevent high blood pressure
- lowers risk for diabetes as it improves glucose tolerance
- improves the ability of the body to use oxygen by increasing uptake
- improves cardio output, stroke volume, so the heart does not have to work as hard
- improves digestion
- improves self-image
- relaxes a person and relieves stress

13) What is the FIT Principal? (4.03) • **F**requency is the number of days per week you participate in a physical activity.

- **I**ntensity is the level of effort you use.
- **T**ime changes with the activity.

14) What are the food group serving sizes? (3.07) . The recommendation for girls is to eat 5 ounces daily. For boys, 6.5 ounces is the daily recommendation.

15) What is the difference between ballistic and dynamic Stretching? (4.03)  
Dynamic Stretching:

- is continuous, slow movement