

CURRENT EVENT

TOPIC: AEROBIC EXERCISE, CARDIOVASCULAR
ENDURANCE, CARDIOVASCULAR FITNESS

NAME: _____

TITLE OF ARTICLE: _____

PUBLICATION OR HOME PAGE: _____

VOLUME# OR WEB PAGE ADDRESS: _____

LIST 6 FACTS FROM THE ARTICLE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

WHAT IS AEROBIC EXERCISE OR CARDIOVASCULAR
ENDURANCE? _____

WHAT ARE THE BENEFITS OF PARTAKING IN AEROBIC
EXERCISE? _____

WHAT AEROBIC EXERCISES DO YOU PREFER?

