

# Chapter 7

## Benefits of Physical Activity (page 103)

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## Cardiovascular System (pg. 103)

- Cardiovascular system is made up of your \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- Works together with respiratory system to bring your body cells the materials they need to function and to rid the cells of waste.

## Respiratory System (pg. 103)

- Made up of your \_\_\_\_\_ and the air passages that bring air, including \_\_\_\_\_, from outside of the body into the lungs.
- Supply oxygen and eliminates carbon dioxide

\*\*Exercise helps your cardiovascular system and your respiratory system to function more \_\_\_\_\_ and \_\_\_\_\_.

## Heart (pg. 103-104)

- Your heart is a \_\_\_\_\_, which benefits from \_\_\_\_\_.
- Your heart acts as a \_\_\_\_\_ to supply blood to your body cells.
- When you exercise vigorously your muscle cells need \_\_\_\_\_ oxygen.
- A fit person's heart works more efficiently by pumping more blood with \_\_\_\_\_ beats.

\*\*Resting heart rate is the number of times your heart beats per minute at rest

\*\*Heart Rate is the number of times your heart beats per minute to pump blood to your body.

## **Blood** (pg. 104)

- Cholesterol is a fatlike substance found in meats, dairy products and egg yolks.
- Cholesterol is carried through the blood stream by particles called \_\_\_\_\_.
- **Low-density lipoprotein (LDL)** is often referred to as \_\_\_\_\_ which is most likely to stay in the body and contribute to atherosclerosis.
  - LDL lower than \_\_\_\_\_ is considered optimal for good health
- **High density lipoprotein (HDL)** is often referred as \_\_\_\_\_ cholesterol.
  - HDL carry excess LDL out of the bloodstream and into the liver for elimination
  - HDL prevent atherosclerosis
  - HDL above \_\_\_\_\_ is considered good

Regular exercise helps improve your cardiovascular fitness by \_\_\_\_\_ LDL levels and \_\_\_\_\_ HDL levels.

## **Arteries** (pg. 104)

- Carry blood \_\_\_\_\_ from the heart
- Blood is forced through your arteries by the \_\_\_\_\_.

## **Veins** (pg. 105)

- Carry blood to the \_\_\_\_\_.

## **Aerobic activity** (pg. 110)

- Activity that is steady enough to allow the heart to supply all the oxygen your muscles need.
- Moderate lifestyle physical activities are considered to be aerobic because you can do them for a long period of time without stopping, but they may not be intense enough to produce cardiovascular fitness.

## **Active aerobic activity** (pg. 110)

- More \_\_\_\_\_ type of aerobic activity that elevates the heart rate high enough to build and improve \_\_\_\_\_.

\*\*Every American should accumulate \_\_\_\_\_ minutes or more of moderate intensity physical activity on most (or all) days of the week.

\*\*Vigorous activity that \_\_\_\_\_ your heart rate above a threshold level is important for building good levels of cardiovascular fitness and building extra health benefits.

\*\*National guidelines suggest that teenagers should do regular vigorous physical activity in \_\_\_\_\_ or more sessions per week of activities that last \_\_\_\_\_ or more minutes at a time.

**The FIT formula** (Pg. 111)

- To achieve cardiovascular fitness, your heart rate must be elevated into the \_\_\_\_\_.
- FIT = frequency, intensity and time
  - Frequency = how often
  - Intensity = how difficult/what level?
  - Time = how long

**Anaerobic activity** (pg. 111-112)

- Activity that is so \_\_\_\_\_ your body cannot supply adequate oxygen to sustain it for \_\_\_\_\_ periods of time.
- \_\_\_\_\_ bursts
- Activities include: sprinting, swimming very fast, and burst of activities in sports such as football.
- You need frequent \_\_\_\_\_ between bursts of anaerobic activity