



Personal Fitness

Learning Objectives

Identify if

current and target appropriate exercise levels and characteristics in your fitness activities (frequency, time, type) for all life activities and demonstrate the long term and both in short term

effectiveness in assessing effectiveness from your activities.

Identify the benefits:

if you are health conscious, daily changes and regularly have a healthy and consistent lifestyle, being the best of you.

Identify the effectiveness of your current and past activities.

Identify the benefits of the fitness program (Physical Fitness Program) of your fitness program. Your fitness program includes: frequency, intensity, duration, and recovery. Identify the benefits of the fitness program (Physical Fitness Program) of your fitness program.

Identify the effectiveness of your current and past activities.

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Personal Fitness Study Guide

Rachel Sandford



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