

# Physical Fitness Study Sheet

## Fun Facts

- George W. Bush was the first president since John F. Kennedy to encourage the nation to follow his lead and become fit. He ran 4 to 6 miles (6.5-9.5 kilometers) daily until knee problems caused him to switch his aerobic workout to off-road biking.
- Roughly 80% of female executives spent their youth in sneakers and continue to be active. They credit being active in sports for the skills and discipline that helped make them successful in the boardroom.
- A pound (.5 kilogram) of muscle burns 50 extra calories a day. A 200-pound (91-kilogram) bodybuilder with 6% body fat burns more calories watching TV than a 160-pound (73-kilogram) woman with 30% body fat sitting next to him.
- Bursts of 10 minutes of exercise scattered throughout the day clear away artery-clogging fat better than a single 30-minute workout.
- Tennis champions Ivan Lendl and Martina Navratilova were the first tennis professionals to improve their on-court abilities with workouts off the court.
- Properly stretching the hamstrings helps prevent sciatic pain in the back.

## History

The ability of humans to survive has been dependent on fitness for thousands of years. Our ancestors' survival depended on their energy and strength to hunt, kill, and bring back prey. From 2,500 to 200 BC, the teachings of Confucius encouraged regular activity to benefit health, and kung fu is the outgrowth of that belief. Striving to balance the spirit, body, and mind, the practice of yoga developed in India. Fitness was important in Persia in the Middle East because of the power it gave to armies. The ancient Greeks idealized physical perfection, believing that a healthy body was necessary to harbor a sound mind. Athens, the home of democracy, is also the home of the fitness ideal.

As societal roles became more specialized, with masses of people able to survive without using physical skill, the need for special attention to exercise simply to maintain physical fitness became more acute. Today, the pursuit of physical fitness is not only a growing personal goal but a major industry.

## Important Terms

- interval training—Repeating intervals of high-intensity work are followed by intervals of rest or low activity.
- resistance training—Strengthening exercises work against an opposite weight or force.
- aerobic—Exercising with air (breath) promotes cardiorespiratory endurance.
- anaerobic—Intense activity (over 85% target heart rate) burns fuel without oxygen, producing lactic acid.
- resting pulse—The number of times the heart beats per minute when the body is at rest is your resting pulse.
- maximum pulse—The theoretical maximum heart beats per minute is 220 minus your age.
- target heart rate—The zone you should work in depending on your experience level and your goal to improve cardiorespiratory fitness is 65% to 85% of your maximum heart rate.
- recovery pulse—The length of time it takes for your heart to return to a resting pulse after maximum exertion is your recovery pulse.