

Name _____



A Fitness Pre-Test

How much do you know about fitness? Take this pre-test to find out. Circle T for true or F for false for each statement.

- T F 1. Walking a mile and running a mile burn about the same amount of calories.
- T F 2. Walking is easier on your knees than running because there is less pounding on the joints.
- T F 3. You should keep exercising until your muscles are sore. That way you know you got a good workout.
- T F 4. Stretching, warm-ups and cool-downs can help keep you from getting sports injuries.
- T F 5. Getting fit is very expensive.
- T F 6. Regular exercise decreases your energy level.
- T F 7. Kids who get regular exercise are more creative and do better in school.
- T F 8. Muscle turns to fat if you don't use it.
- T F 9. Muscles can grow stronger if they are used.
- T F 10. "Spot" reducing is possible. You can lose weight in one part of your body.
- T F 11. One way to lose fat is by losing weight.
- T F 12. It is OK to swim directly after eating.
- T F 13. It is possible to get dehydrated when exercising, even in cold weather.
- T F 14. Your body doesn't lose fluid during exercising.
- T F 15. Regular exercise helps you to control your weight.
- T F 16. Cleaning house could be considered exercise.

List 3 benefits of exercising regularly:

17. _____

18. _____

19. _____

How will I exercise this week?

20. _____

