**MN Shape Study Guide**

Possible Questions/Statements (Related to MNShape)

1. The total force muscles can produce in one maximum effort is: Muscular Strength

2. The ability of muscles to do an activity many times is: Muscular Endurance

3. The ability to use body joints in a full range of motion is: Flexibility

4. The nutrient that is essential for protection, storing vitamins, energy, and growth is: Fat.

5. This term means “without oxygen”. Anaerobic

6. Carbohydrates are the main source of energy for the body.

7. A person should exercise three to four times per week.

8. A physically fit person’s heart rate will return to normal quicker after exercise.

9. Measure your pulse at your neck or wrist.

10. The type of activity that best helps prevent obesity is aerobic activity.

11. Aerobic endurance activities primarily involve the circulatory and respiratory systems.

12. Flexible muscles reduce the chance of injury.

13. Stretching will improve flexibility.

14. When beginning an exercise plan, set goals, create a plan, and start moderately.

15. Water is the best fluid to drink during exercise.

16. Body fat composition is the percentage of fat compared to muscle and other tissues.