

Fitness Walking Study Guide

4 positive characteristics of exercise and mental health are:

- Improve self image
- Relieve stress
- Improve mood and mental outlook
- Give one a feeling of accomplishment

6 positives effects of exercise are:

- Strengthens heart rate and lungs
- Increase stamina and energy
- Strengthens and loosens joints, tendons, ligaments
- Decrease blood pressure
- Decrease cholesterol

The best fitness walking pace is considered to be 3.5 miles per hour.

3500 kilocalories are needed to burn 1 pound of fat.

Every 60 feet you walk you will burn 1 calorie.

An individual should work at their target heart rate zone when exercising.

When measuring your recovery heart rate it should be taken 5 to 6 minutes after you are done exercising.

Working heart rate and exercise heart rate means the same thing. The amount of heart beats per minute as you exercise. This working heart rate is taken as you exercise.

Never use your thumb when you take a pulse check because your thumb has its own pulse.

The three places to take a pulse check are radial artery, carotid artery, and brachial artery.

One of the best times to take a resting heart rate is as soon as you wake up in the morning or when you have not done anything for a period of time.

Maximum heart rate formula $220 - \text{AGE} = \text{maximum heart rate}$.

Your target heart rate is 50% to 75% of your maximum heart rate.