

## **Quiz Review Chapter 11 (Body Image) & Chapter 9 (Physical Fitness)**

**Know the following vocabulary words:**

Aerobic Exercise-

Physical Activity-

Coordination-

Balance-

Body Mass Index-

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Underweight-

Overweight-

Anaerobic Exercise-

Appropriate Weight-

Exercise-

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What does BMR stand for? What is it referring to in regards to your body?

Who is more likely to develop anemia? (Overweight or Underweight) Why?

List the 5 components of physical fitness & Describe 2.