

AEROBIC CONDITIONING



Name _____

True or False Determine if the following statements are true or false.
Please circle your answer.

1.) The heart pumps 2 liters of blood.

TRUE **FALSE**

2.) Regular activity helps reduce the risk of obesity and high blood pressure.

TRUE **FALSE**

3.) To achieve health benefits people need to do aerobic exercise for 45 minutes a day.

TRUE **FALSE**

4.) The heart weighs 20 oz.

TRUE **FALSE**

5.) Two of the five components of physical fitness are flexibility and aerobic conditioning.

TRUE **FALSE**