

# AEROBIC CONDITIONING



**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