

# FAST FITNESS

## WORKSHEET

- 1 In order for something to be considered exercise you should get \_\_\_\_\_, \_\_\_\_\_ and it should \_\_\_\_\_.
- 2 To get the best results focus on \_\_\_\_\_ over \_\_\_\_\_.
- 3 You should \_\_\_\_\_ but this doesn't count as "exercise".
- 4 Endurance training can make you \_\_\_\_\_ faster, burn up \_\_\_\_\_ and can increase your \_\_\_\_\_.
- 5 The benefits of HIIT or burst training include better \_\_\_\_\_, increased post exercise \_\_\_\_\_, increase in \_\_\_\_\_.
- 6 Benefits of resistance training include better \_\_\_\_\_, better \_\_\_\_\_, stronger \_\_\_\_\_, better \_\_\_\_\_.
- 7 Restorative Yoga or flexibility training helps to lower \_\_\_\_\_ which can improve your overall exercise results.
- 8 A key component to improving your fitness level is \_\_\_\_\_.