Walking for Fitness

Mr. Rackley

2 December 2020

Walking for Fitness

End of Semester Post-test

1. Do you know what BMI is?
   If you do, please describe it.
   **It stands for Body Mass Index; it shows if someone is overweight or underweight.**

2. What is the best time of day for walking?

**Either earlier in the morning or the evening when it is cooler outside.**

3. Name three things you should do to be safe when walking.
   **Pay attention where you are walking, stay hydrated, and do not trespass.**

4. How do you find your target heart rate for walking?

**Subtract your age from 220 and multiply it by 0.85.**

5. What is a 5K?

**A 5K is a 5-kilometer walk or run, a little over 3 miles.**

6. Name a public walking trail near you?

**Janssen Park, I also live on land with walking trails on it.**

7. Do you know how to operate a pedometer?
   **Yes.**