# Walking For Fitness

# Post-test

1. Do you know what BMI is? yes

   If you do, please describe it.

   Body mass index is a measure of body fat based on height and weight

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

   It is generally considered that morning is best for walking, but any time of day is beneficial.

3. Name three things you should do to be safe when walking.
   1. Tell someone where you are going.
   2. Wear bright colors or reflectors on your clothing.
   3. Walk in a well lit safe area.

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

   There is a chart you can look up your age and find your target heart rate. While exercising take pulse on inside of wrist for 30 seconds and then multiply by 2

5. What is a 5K?

   A run or walk that is about 3 miles

6. Name a public walking trail near you?

   The UARM ponds have walking trails.

7. Do you know how to operate a pedometer?

   Yes, I do but I use the Fitbit.