# Walking For Fitness

# Beginning of Semester Pre-test

1. Do you know what BMI is?
   If you do, please describe it.
   **Body Mass Index- It is your body mass measurements to determine fat percentage.**

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

   **In my opinion, before sunrise.**

3. Name three things you should do to be safe when walking.
   **Carry protection like pepper spray, Let someone know where you're going and how long you'll be gone, Bring water.**

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

   **I am unsure.**

5. What is a 5K?

   **A marathon**

6. Name a public walking trail near you?

   **UARM Campus Trail**

7. Do you know how to operate a pedometer?
   **No**