

Cardiovascular Fitness Chapter Review Answers

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Regular physical activity benefits for cardiovascular fitness: -Helps improve cardio. fitness by reducing LDL (bad) and increasing HDL (good) levels. -Prevent blood clots from forming by reducing the amount of fibrin in the blood-- fibrin is involved in making bad blood clots. -Helps make a stronger heart that can pump more blood with fewer beats. -Can create a richer network of blood vessels.

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one. Cardiovascular Fitness Chapter Review Answers 12. ... Answer 2: Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movements. Chapter 7 Cardiovascular Fitness Test Answers Chapter 7: Cardiovascular Fitness Lesson 7.1:

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Chapter 7: Cardiovascular Fitness Lesson 7.2: Building Cardiovascular Fitness Taking Charge: Learning to Self-Monitor. Lesson 7.2: Building Cardiovascular Fitness Lesson Objectives: • Explain the

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difference between aerobic activity and anaerobic activity. • Describe the FIT formula for developing cardiovascular fitness. •

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