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Concepts: Terms in this set (15) A ___ is a brief summary of your fitness self-assessment results.

Fitness profile ___ is an acronym used to characterize good goals for your program.

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Chapter 14

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Education

Case Study zjim is a 30 year old LEK senior associate. Both of his parents died of cardiovascular disease. He quit smoking about 3 years ago. His resting blood pressure is 139/89. His cholesterol is 218mg/dl.

**Fitness for Life -
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Life as We Knew It:
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Life as We Knew It
Chapter 14
Summary & Analysis

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regular physical fitness
activity can build
muscle strength & help
a person maintain
cognitive functioning.

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1 Living a Healthy Life
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