Cardio March

Assessment 2

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1.	How many minutes should you try to exercise most days?
2.	What do the words <i>aerobics, cardio,</i> and <i>cardiovascular</i> all have in common?
3.	Name three examples of moderate to vigorous exercises or activities.
4.	What does BPM stand for and why is it important?
5.	Why is exercising your heart important?

 $From \, Geo Motion \, Group, Inc., 2012, Learning \, through \, movement \, and \, music: \textit{Exercise your smarts} \, (Champaign, IL: Human \, Kinetics).$