

# Types of Exercises

The following are three types of exercises and their effects on the body.

A	B	C
Cross Country Skiing	Bicycling	Baseball
Hiking (uphill)	Downhill skiing	Bowling
Ice hockey	Basketball	Golf
Jogging	Field hockey	Softball
Jumping rope	Handball	Calisthenics
Rowing	Soccer	
Roller skating	Tennis (singles)	
Aerobic dancing	Walking	

These are very vigorous exercises. They need to be done for 20 minutes three times a week. They'll condition your heart and lungs and burn off many calories

These are moderately vigorous activities, but they can be excellent conditioners if they're done briskly for at least 30 minutes three times a week. When done briskly, they give the same benefits as the activities in column A.

These aren't vigorous activities. They still have some benefits: for example, they can be fun and help improve muscle tone. However, they don't condition the heart and lungs or burn off many calories.

Boys and girls can do all kinds of enjoyable aerobic exercise whether it's swimming, soccer, skating, dancing, or something else. There's a fun fitness activity that's just right for you and that you can enjoy by yourself or with your friends.

1. Name three benefits of aerobic exercise that are important to you.
2. Describe the three key characteristics of heart-healthy aerobic exercises.
3. Label each of these exercises as aerobic, possibly aerobic, or anaerobic.

Jogging\_\_\_\_\_

Bicycling\_\_\_\_\_

Basketball\_\_\_\_\_

Calisthenics\_\_\_\_\_

Roller skating\_\_\_\_\_

Jumping rope\_\_\_\_\_

Baseball\_\_\_\_\_