



## **FITNESS ADVENTURE ANSWER KEY**

Station 1 Health Question: What major food group provides the most calories?

Answer: Fats

Station 2 Health Question: Name five healthy behaviors.

Possible answers include physical activity, sufficient rest, proper diet, not smoking, and avoiding illegal substances.

Station 3 Health Question: Provide an example of an aerobic conditioning exercise.

Possible answers include jogging and walking.

Station 4 Health Question: What is the number one preventable cause of premature death in the United States?

Answer: Cardiovascular disease

Station 5 Health Question: What is the anatomical name of the chest muscle?

Answer: Pectoral muscle

Station 6 Health Question: What are three risk factors for heart disease?

Possible answers include smoking, physical inactivity, and improper diet.