## Chapter 12 • Lesson 2 Improving Your Fitness
### Reteaching Activity

**I. Directions** Learning how to improve your fitness level involves mixing different forms of exercise with different elements of fitness. Review Lesson 2 to find the information you need to complete the table.

<table>
<thead>
<tr>
<th>Element of Fitness</th>
<th>Definition</th>
<th>Exercise to Improve</th>
</tr>
</thead>
</table>
| Cardiorespiratory endurance | 1. ____________________________  
   ____________________________  
   ____________________________ | Regular aerobic exercise |
|                     | 2. ____________________________  
   The amount of force your muscles can exert | 3. ____________________________ |
| Muscular endurance | 4. ____________________________  
   ____________________________  
   ____________________________ | 5. ____________________________ |
|                     | 6. ____________________________  
   The ability to move your body parts through their full range of motion | 7. ____________________________ |
| Body composition | 8. ____________________________  
   ____________________________  
   ____________________________ | Regular aerobic exercise |

**II. Directions** There are many different forms of exercise. Answer the questions below with information from Lesson 2.

9. What is the difference between aerobic exercise and anaerobic exercise?

10. What do isometric exercises, isotonic exercises, and isokinetic exercises have in common?