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worksheet 3: Fitness for Life Answer Physical fitness can •lower the risk of diseases, •improve the quality of life, •lower the risk of injury, •improve sport performance, •improve work efficiency, and •help you have energy to enjoy leisure.

Worksheet 3: Fitness and Wellness for All - Wasatch

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 - Saint Mary's College

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