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fitness activities. b. Of the 11 parts of fitness, cardiorespiratory endurance is the most important because those who have it receive many health and wellness benefits, including a chance for a longer life. c. Improving cardiorespiratory endurance will improve your overall health but will not

affect your appearance. d.

### **Chapter Test: Cardiorespiratory Endurance - Human Kinetics**

Wellness for Life Test Chapter 4, Improving Muscular Strength and Endurance and Chapter 5, Improving Flexibility 1. \_\_\_\_\_ Exercises are generally performed on a machine that regulates the speed of exercise. Isotonic Isometric Isomeric Isokinetic 2. Which of these is NOT a function of skeletal muscles?

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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.

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