

We will have a guest speaker Oct 17 who is a fitness expert. Read Chapter 20 to prepare, even if you are not an athlete – fitness is for everyone. Here are homework questions to guide your reading:

1. How do you determine your heart rate? Discuss level of activity (moderate, hard), target zone and how to actually check (take) your heart rate. See the “Nutrition Check-up” on page 540 for the answers
2. When should you drink water vs a sports drink?(see page 543 and 544

READ pg 547 - 548

1. Do athletes need more protein than non-athletes according to your text? If so, how much more?
2. What is the composition of muscle?
3. Does eating extra protein build muscle?
4. What are concerns if you eat too much protein? Describe at least 6 metabolic issues that can occur if too much protein is eaten (see page 92 and pg 547-548)

READ NYTimes article on BB

1. What did the data show about those who did not exercise at all in terms of risk of premature death (dying young)?
2. If a person exercised a little, their risk of premature death was lowered by _____%
3. If a person exercised according to the guidelines, their risk of premature death was lowered by _____%
4. How much exercise is currently recommended for everyone to increase healthy and to live longer?