Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health

Study Sheet for test 3

Facts to know

|  |  |
| --- | --- |
| Another name for your tailboneBeing 20% or more overweightExercises that help your body process oxygen efficiently How many times a week you need aerobic exerciseLight exercises that send blood flowing to your musclesPeople who are trained to help others exercise their musclesThe bone that protects your brainThe bones that help you stand straight as well as bendThe cage for your heart and lungsThe number of bones in your bodyWhat happens to your muscles when you use them moreWhere red blood cells are manufacturedYou should not bounce or jerk when you do this | CoccyxObeseAerobics3Warm-upsPhysical therapistsSkullVertebraeRibs206They get largerBone marrowStretch |

Labeling diagrams

|  |  |
| --- | --- |
| Respiratory systemAlveoliBronchiDiaphragm EpiglottisLarynxLungSinusesTrachea | MusclesAbdominalsDeltoidFrontalisGastrocnemiusHamstringsMasseterPectoralsQuadricepsSartoriusTriceps |