

Chapter 10 Review Exercises

Section 10.1



Body Fat Percentage In Exercises 1 and 2, find (a) the body fat percentage and (b) the body mass index for the person shown.

1.



Weight: 145 lb
Waist: 30 in.
Age: 22 yr

2.



Weight: 115 lb
Wrist: 4 in.
Waist: 25 in.
Hips: 31 in.
Forearm: 6.6 in.
Age: 23 yr



Daily Calorie Balance In Exercises 3 and 4, determine whether you would expect the person to be losing weight or gaining weight. Explain your reasoning.

- The man in Exercise 1 is 68 inches tall, very active, and has a daily calorie intake of 3200 calories.
- The woman in Exercise 2 is 64 inches tall, moderately active, and has a daily calorie intake of 1600 calories.

Heart Rate Zones In Exercises 5 and 6, use the graph.

- Is a 25-year-old with a heart rate of 160 beats per minute in the cardio zone?
- Is a 50-year-old with a heart rate of 100 beats per minute in the cardio zone?

