



“Fireline Fitness” – How much do you know?

1. The primary components of fitness are:
 - a) warm-up, stretching, aerobics, cool-down
 - b) warm-up, aerobics, strength training, stretching (flexibility)
 - c) aerobics, stretching (flexibility), muscle strength/endurance, rest
 - d) warm-up, aerobics, stretching (flexibility), rest
2. Aerobics is defined as: exerting maximum effort for a short period of duration?
 - a) true
 - b) false
3. The difference between muscle endurance and muscle strength is how much weight you can lift?
 - a) true
 - b) false
4. The major nutrients in a diet consist of:
 - a) fats, vitamins, minerals
 - b) carbohydrates, fats, protein
 - c) sugar, fat, beer
 - d) water, protein, minerals
5. In order to maximize your exercise regime, it is good to exercise every day of the week, exercising the same muscle groups everyday?
 - a) true
 - b) false
6. Rest and relaxation are critical elements of a balanced fitness program?
 - a) true
 - b) false
- 7) Overuse injuries are only a result of improper shoes and not training enough?
 - a) true
 - b) false
- 8) The best “diet” for losing weight is to skip meals and not exercise?
 - a) true
 - b) false

- 9) When stretching for flexibility, it is best to do rapid bouncing movements to increase each stretch?
a) true b) false
- 10) The best fitness program is one that is well planned and well balanced using all the major components of fitness? a) true b) false
- 11) The slogan, "NO PAIN, NO GAIN" is good and should be followed?
a) true b) false
- 12) The primary cause of "shin splints" is overuse syndrome with secondary contributing factors being shoes and running surfaces?
a) true b) false
- 13) When exercising, it's important to wear shoe wear specific to the activity?
a) true b) false

These are just a few of the many questions and answers regarding physical fitness as it applies to wildland fire. Although each individuals personal fitness regime may be different, the basic components are the same and involve common sense and moderation. Keep informed! Exercise Safe.....