
CanFitpro PTS Exam Study Guide 2024 | Questions and Answers

Rod is a 24-year-old driver for UPS, so his work involves a lot of physical activity. He's single, and in his spare time, depending on the season, he enjoys rock climbing, skiing and snowboarding, and competing in road races (he usually runs 10Ks, and often finishes first in his age group). In fact, Rod's lifestyle and social activities revolve around physical activity and sports. Rod also loves to challenge himself physically; his current goal is to run the Toronto Marathon. What HRmax target range (intensity level) would you recommend that Rod work at?

- Correct Answer - 75 to 90% of HRmax

How long do you need to perform cardiovascular exercise according to the Physical Activity Guide to Healthy Active Living to show health improvement?

- Correct Answer - 20-30 min 4 - 7 days/ week

What is a level 6 on the Borg RPE scale?

Canfitpro Study Guide

SA Adler



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