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Summary: Cardiovascular fitness includes the efficient operation of the circulatory and respiratory systems. The more active you are, the more energy you will have. The efficiency of the heart is important in cardiovascular fitness. Aerobic exercises such as, swimming and

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Chapter 7 Test. Multiple Choice: Place the letter of the best answer in the space provided. _____ 1. The circulatory system includes the heart, A. air passages, and blood vessels. B. blood, and blood vessels. C. lungs, and air passages. D. lungs, and blood vessels _____ 2. The respiratory system includes the. A. blood vessels and air passages. B. heart and lungs

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Kaimua. Terms in this set (64) Cardiovascular fitness. the ability of the heart, blood vessels and respiratory system to supply oxygen to the muscles during exercise. Cardiovascular disease is.

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Lesson 7.1: Cardiovascular Fitness Facts. Answer •Aerobic activities (jogging, swimming, biking, hiking) of a sufficient intensity and duration. •An exercise session of 20 minutes or more, at a heart rate in the target zone, will improve aerobic fitness.

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