

59. Men build larger muscles than women through weight training because men have higher levels of androgens.
60. The use of anabolic steroids by females may have masculinizing effects.
61. Most people need to add supplements to their diet when they begin a fitness program.
62. In a program to build flexibility, each stretch should be held for two minutes.
63. Thirst is the best guide for determining how much water a person should drink when exercising.
64. You will progress satisfactorily toward your fitness goals if you increase the amount of exercise you do each week by about 25% until your fitness goal is achieved.
65. Water is the best choice for fluid replacement for workouts lasting less than 90 minutes.
66. It is best to shop for exercise shoes in the morning when the feet haven't spend a significant amount of time in another pair of shoes.
67. After an injury, heat should be applied for the first 48 hours or until the swelling is gone.
68. A good strategy to speed healing of a blister is to pop and drain it.
69. Cross-training is the practice of engaging in more than one activity to develop a particular fitness component.
70. The goal of dieting is to reduce the amount of essential fat in the body.
71. *Overfat* is a more accurate term than *overweight* when describing the condition of having too much body fat.
72. The energy balance concept is based primarily on the amount of sleep you get.
73. Body weight is a more important indicator of health than is body composition.
74. Body mass index is a less accurate assessment of body fat than height-weight charts.
75. The two elements of the energy balance equation under individual control are energy taken in as food and energy expended in physical activity.
76. Abdominal fat is more closely associated with disease than is fat deposited in the hip area.