



# Answer Sheet to Catch and Control

 How many 8oz glasses of water per day should you have?


- 8 to 10

 Name the 6 food groups.


- Grain
- Fruit
- Vegetable
- Dairy
- Meat
- fat

 Name the 4 principles of fitness.

- Frequency
- Intensity
- Time
- Type

 Name the 6 skill related components.

- Speed
- Agility
- Reaction time
- Power
- Coordination
- Balance

 Name the 5 fitness related components.

- Muscle strength
- Muscle endurance
- Body composition
- Flexibility
- Cardiovascular endurance.