

ACTIVE LIFESTYLE PHYSICAL ACTIVITY QUIZ

Question 1. Ideally, how often should people aim to be physically active to benefit their health?

- a) Everyday for at least 37 hour, 47 minutes and 38 seconds
- b) At least 5 days per week for a minimum of 30 minutes
- c) Once per week for 60 minutes

Answer. b) At least 5 days per week for a minimum of 30 minutes

ACTIVE LIFESTYLE PHYSICAL ACTIVITY QUIZ

Question 2. What are the benefits of regular physical activity?

- a) It increases High Density Lipoprotein levels (HDL = the good cholesterol)
- b) It increases insulin sensitivity
- d) It decreases systolic and diastolic blood pressure
- e) All of the above

Answer. e) All of the above

ACTIVE LIFESTYLE PHYSICAL ACTIVITY QUIZ

Question 3. What type of regular physical activity prevents the development of coronary artery disease?

- a) Activities which involve small muscle groups
- b) Activities which involve large muscle groups
- c) Activities which involve breathing

Answer. a) Activities that involve large muscle groups

active  lifestyle

ACTIVE LIFESTYLE PHYSICAL ACTIVITY QUIZ

Question 4. What kind of intensity should you be exercising at to achieve general health benefits?

- a) Working at a level where you can maintain an in depth chat without getting warm or puffed
- b) Working at a level where you are able to speak a sentence, but are starting to feel puffed and warm
- c) Working at a level where you can only speak a few words and are gasping for breath

Answer. b) Working at a level where you are able to speak a sentence, but are starting to feel puffed and warm

active  lifestyle