

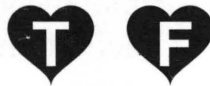
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# Physical Activity & Health - I.Q. Quiz

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Take this quiz to learn how physical activity affects your health. Mark each statement true or false. See how you did by checking the answers on the back of this sheet.

1. Regular physical activity can reduce your chances of getting heart disease and other chronic diseases.



2. Most people get enough physical activity from their normal daily routine.



3. You don't have to train like a marathon runner to become physically fit.



4. Exercise programs do not have to involve a lot of time to be effective.



5. People who need to lose weight are the only ones who need to be concerned about regular physical activity.



6. All types of exercise give you the same benefits.



7. The older you are, the less active you need to be.



8. It doesn't take a lot of money or expensive equipment to become physically fit.



9. There are many risks and injuries that can occur with exercise.



10. You should consult a doctor before starting a physical activity program.



11. People who have had a heart attack should not start any physical activity program.



12. To stay physically fit, include a variety of physical activities.



How well did you do?



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## Answers to the Physical Activity and Health - I.Q. Quiz

- 1. True.** Several diseases (heart disease, Type 2 diabetes, and high blood pressure) are more likely to develop in inactive people. Other risk factors are cigarette smoking, stress, high blood cholesterol, and being overweight. The more risk factors you have, the greater your chance of developing a chronic disease. Regular physical activity (even mild to moderate exercise) can reduce this risk.
- 2. False.** Most Americans are very busy but not physically active. Most people should make a habit of getting 30 minutes of low to moderate levels of physical activity daily. This includes walking, gardening, and walking up stairs. If you are inactive now, begin by doing a few minutes of activity each day. If you only do some activity, once in a while, try to include more in your daily routine.
- 3. True.** Low- to moderate-intensity activities, such as walking, stair climbing, yardwork, housework, dancing, and home exercises can have short- and long-term benefits. If you are inactive, the key is to get started. One great way is to take a walk for 10 to 15 minutes during your lunch break, or take your dog for a walk. At least 30 minutes of physical activity everyday can help improve your health.
- 4. True.** It takes only a few minutes a day to become more physically active. If you don't have 30 minutes in your schedule for an exercise break, find two 15-minute periods or even three 10-minute periods. These exercise breaks will soon become a habit you can't live without.
- 5. False.** People who are physically active experience many positive benefits. Regular physical activity increases energy, reduces stress, and helps you to sleep better. It helps to lower high blood pressure and improves blood cholesterol levels. Physical activity helps to tone muscles, burns calories, and helps control appetite. It can also increase muscle strength, help your heart and lungs work more efficiently, and let you enjoy life more fully.
- 6. False.** Low-intensity activities—if performed daily—can have long-term health benefits and can lower your risk of several diseases. Regular, physical activity for at least 30 minutes, on most days of the week, (brisk walking, jogging, or swimming) is necessary to improve the efficiency of your heart and lungs and burn extra calories. These activities are called aerobic—meaning the body uses oxygen to produce the energy needed for the activity. Other activities may give you other benefits such as increased flexibility or muscle strength.
- 7. False.** Although we tend to become less active with age, physical activity is very important. In fact, regular physical activity in older persons increases their capacity to do everyday activities. Middle-aged and older people benefit from regular physical activity just as

young people do. At any age, it is important to tailor the activity program to your own fitness level and lifestyle.

8. **True.** Many activities require little or no equipment. For example, brisk walking only requires a comfortable pair of walking shoes. Many communities offer free or low-cost recreation facilities and physical activity classes. Check shopping malls, as many of them are open early and late for people who wish to walk alone.
9. **False.** The most common risk in exercising is injury to the muscles and joints. Such injuries are usually caused by exercising too hard for too long, particularly if one has been inactive. To avoid injuries, gradually build up your level of activity, listen to your body for warning pains, be aware of possible signs of heart problems (such as pain or pressure in the left or mid-chest area, left neck, shoulder, arm, or sudden light-headedness, cold sweat, pallor or fainting) during or just after exercising. Be prepared for special weather conditions.
10. **True.** You should ask your doctor before you start (or greatly increase) your physical activity if you have a medical condition such as high blood pressure, have pains or pressure in the chest and shoulder, feel dizzy or faint, get breathless after mild exertion, are middle-aged or older and have not been physically active, or plan a vigorous activity program. If none of these apply, start slow and get moving.
11. **False.** Regular, physical activity can help reduce your risk of having another heart attack. People who include regular physical activity in their lives after a heart attack improve their chances of survival and can improve how they feel and look. If you have had a heart attack, consult your doctor to be sure you are following a safe and effective exercise program.
12. **True.** Choose physical activities that you like to do. You will be more likely to stay with it. Plan short-term and long-term goals. Keep a record of your progress, and check it regularly to see the progress you have made. Get your family and friends to join in. They can help keep you going.

*Adapted from "Check Your Physical Activity and Heart Health - I.Q. Quiz*

NHLBI Obesity Education Initiative

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