



## Physical Activity Quiz



1) Experts recommend that we undertake regular physical activity in order to enjoy better health and a reduced risk of many common diseases. But, how much exercise is recommended?

- a. an hour of challenging exercise, such as circuit training or an aerobics class, five times a week
  - b. an hour of running or swimming, three times a week
  - c. any moderate intensity activity that leaves you slightly out of breath, for at least 30 minutes per day, at least five times a week
  - d. any rhythmic, continuous activity that leaves you slightly out of breath, for at least 30 minutes per day, three times a week
- 



2) Which of these types of exercise is 'anaerobic'?

- a. sprinting 100m
  - b. going for a steady jog
  - c. doing a yoga class
  - d. going for a long bike ride
- 



3) How many people in the UK do enough physical activity to keep their heart healthy?

- a. 3 out of 10
  - b. 4 out of 10
  - c. 5 out of 10
  - d. 6 out of 10
- 



4) Which of these types of exercise is best at helping you maintain strong bones?

- a. aerobics
- b. weight-bearing exercise
- c. resistance exercise
- d. all of the above





---

5) To what extent is it true that exercise is an effective way to lose weight?

- a. totally true - exercise helps you lose weight very quickly and easily
  - b. true - but you need to do a very challenging sort of exercise
  - c. not true - it is quite hard to lose weight through exercise alone
  - d. totally untrue - exercise doesn't help you to lose weight
- 



6) The risk of which of these illnesses is reduced through regular physical activity?

- a. thyroid cancer
  - b. colon cancer
  - c. stomach cancer
  - d. all of the above
- 



7) 'Physical activity only makes joint problems, such as osteoarthritis worse' - true or false?

- a. true - physical activity damages the joints
  - b. true - physical activity will reduce mobility and should be avoided
  - c. false - it makes no difference
  - d. false - regular physical activity can be helpful in controlling the pain of osteoarthritis
- 



8) Which of these foods are you most likely to need to increase in your diet if you start an exercise programme?

- a. starchy carbohydrate foods
  - b. sugary drinks
  - c. proteins or protein shakes
  - d. fat
- 



9) You need to get your heart working harder if you want to get fitter. But what percentage of





**your maximum heart rate should you be aiming for during moderate intensity activity?**

- a. 30-40 percent
  - b. 40-50 percent
  - c. 50-70 percent
  - d. 80-95 percent
- 



**10) 'Once you reach retirement, there is no real point in staying fit and active' - true or false?**

- a. true - unfortunately, you need to start an exercise programme when you are young to achieve fitness and health benefits from exercise
- b. partly true - you can make slight gains in fitness, but there aren't any real health benefits
- c. partly true - men can still get fitter and feel better at over this age, but after the menopause women gain little
- d. false - older people can achieve significant fitness and wellbeing benefits, and avoid health problems through regular physical activity

