



Physical Activity Quiz – ANSWERS



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



The right answer is C.

Being physically active at this level has been shown to greatly improve a person's health and wellbeing. The sort of activity you need to do is aerobic - which gives you heart and lungs a workout. You don't have to go to a gym - walking briskly part of the way to work, and taking the stairs instead of the lift all count towards this goal.



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



The right answer is A.

Exercise is anaerobic when there is not enough oxygen in the muscles. As a result, fats cannot be used for energy and glucose is not burnt completely, leaving behind a waste product called lactate. Sprint sports are anaerobic - and you'll probably know from experience that you can't keep them up for long.





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

A The right answer is A.

Only three out of ten people in the UK do enough physical activity to keep their heart healthy - although eight out of ten people think they are fit! But with small, gradual changes - walking more, putting more energy into household chores, it isn't too difficult to reach the recommended activity levels.



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

A The right answer is D.

All the types of exercises will help to maintain strong bones. Walking may be the best specific exercise partly because it is the easiest for you to get going and maintain in the long term.



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

A The best answer is usually C - unless you have only a few pounds to lose.

Weight loss is all about burning more calories than you take in each day - and it is much





easier to shave 500 calories a day by cutting back on fatty foods in your diet, than it is to exercise to that level. The average person would have to run about five miles to burn the same number of calories. However, regular exercise combined with calorie reduction gives you the best chance of losing weight and keeping it off.



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



The right answer is B.

There is strong evidence that regular physical activity reduces the risk of colon cancer.



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



The best answer is D.

Contrary to what many people think regular activity can relieve joint pain and stiffness for people with osteoarthritis. For people with inflammatory type of the disease, rheumatoid arthritis, the picture is more complicated - it is best to rest for short periods on time during an arthritis flare-up. But for the rest of the time, staying active is an important way to keep muscles and joints healthy and supple.





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

A The right answer is A.

Although lots of people think that they need to eat more protein when they exercise, especially in muscle-building sports, many people in the UK generally eat too much protein, so it is unlikely that you will need more. Carbohydrates are the best fuel for exercise, so when you are exercising regularly it makes sense to ensure you include plenty of starchy carbohydrates into your diet, such as bread, potatoes and grains. The more you exercise, the more you will need, although for a moderate amount of activity you might not need to eat much more than usual.



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

A The right answer is C.

For moderate-intensity activity, your target heart rate should generally be 50 to 70 percent of your maximum heart rate. The maximum rate depends on age - you can get an estimate of maximum heart rate by subtracting your age from 220. For example, if you are 40 years old, the estimated maximum age-related heart rate would be calculated as $220 - 40 \text{ years} = 180$ beats per minute.





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

A The right answer is D.

Studies have shown that people can make striking health and fitness gains by taking up physical activity - whether you are 9 or 90! Exercise can help you maintain bone strength, a healthy heart and help to prevent the onset of diabetes. It isn't necessary to exercise strenuously to improve health and vitality, and it is fine to begin exercising for just ten minutes a day and build up gradually.

