

## Exercise and Fitness Quiz:

- 1) Muscle weighs more than fat. True or False
- 2) Maintaining physical fitness requires major lifestyle changes. True or False
- 3) No Pain, no gain is a workout myth. True or False
- 4) Weight Loss should be the most important goal of fitness and exercise. True or False
- 5) You should warm-up before exercising. True or False
- 6) The more you sweat during a workout, the more fat the body is burning. True or False
- 7) A desirable level of fitness can be achieved through at least 3 workouts per week. True or False
- 8) Older adults are least likely to benefit from physical activity. True or False
- 9) Active people need extra protein or protein supplements to build muscles. True or False
- 10) Even moderate exercise reduces the risk of heart disease, diabetes, hypertension, and obesity.  
True or False
- 11) Crunches and sit-ups are the best way to lose belly fat. True or False
- 12) Does muscle burn calories even when the body is at rest? Yes or No
- 13) Working out at a gym will provide the best results. True or False
- 14) The workout term aerobic exercise is interchangeable with the term Cardio. True or False
- 15) Strength training, such as lifting weights, will result in a bulky appearance. True or False

## Answer Key

- 1) **False.** A pound is a pound regardless of whether the pound is fat or muscle. The truth about muscle is that it's denser than fat and takes up a smaller amount of space in the body. In fact, scientist estimate that 1 pound of muscle occupies about 22% less space than 1 pound of fat.
- 2) **False.** Fitness can be achieved through small changes in what you eat and your level of activity. Remember that you can start out slowly and work your way up to a higher level of activity and also implement more dietary changes over time. Patience is essential. Don't try too much too soon.
- 3) **True.** Because while some muscle aches and pains are normal when beginning a new fitness routine, many types of pain are bad for you. Always ease into an exercise plan to avoid injury. The recommendation is if you're healthy and you know it, you can start exercising , but error on the side of being too slow than too fast to avoid injury.
- 4) **False.** It's a fact that weight loss is the main reason people exercise, but making it all about losing weight is certainly not the only benefit of exercising and should not be the main goal. Strive to feel better or to have more energy. You'll get more from the program if you see the little payoffs.
- 5) **True.** Each workout should begin with a warm-up. A warm-up includes 4-5 minutes of slow jogging or walking. Warming up helps avoid injury.
- 6) **False.** The amount you sweat is indicative of your body's ability to maintain its normal body temperature. It has nothing to do with burning more fat.
- 7) **True.** However, this should not be the only thing you base your desirable level of fitness. Frequency, duration, intensity, and what kinds of exercises you do are also important points to consider.
- 8) **False.** The best thing about regular physical activity is that everyone can benefit from it. You are never too old to enjoy the benefits of regular physical activity.
- 9) **False.** Muscles develop from training and exercise. Extra servings of protein in foods or supplements do not assist in muscle development. A balanced diet that includes 6-7 ounces from the meat, bean, and egg group and 2-3 servings of dairy every day will supply all the protein that is needed.
- 10) **True.** Research shows that exercise is the silver bullet for a better quality of life.
- 11) **False.** Maintaining a healthy diet and controlling your caloric intake is the best way to lose belly fat. A full body exercise builds lean muscle all over.

- 12) **Yes.** 10 pounds of muscle would burn 50 calories in a day spent in rest, while 10 pounds of fat would burn 20 calories.
- 13) **False.** There are plenty of exercises you can do at home or outdoors using your own body weight and gravity. Some examples include jumping jacks, push-ups, and sit-ups.
- 14) **True.** Both terms refer to brisk physical activity that requires the heart and lungs to work harder to meet the body's increased oxygen demand. Aerobic exercise promotes circulation throughout the blood.
- 15) **False.** Lifting weights does not make you bulk out. It largely depends on genetic factors and therefore completely false.

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