



Quiz Answer Key

1. What are the three components to a well-balanced exercise routine?
aerobic exercise, strength training, and flexibility training
2. Teens should get at least 60 minutes of moderate to vigorous physical activity each day.
3. When you exercise, you burn _____ as fuel.
a. endorphins
 b. calories
c. oxygen
4. Exercising to maintain a healthy weight decreases a person's risk of developing certain illnesses, such as:
type 2 diabetes or high blood pressure
5. Aerobic exercise is any type of exercise that gets the heart pumping and the muscles using oxygen.
6. Which burns more energy when a person is at rest — muscle or fat? muscle
7. List three benefits of strength training.
Any three of the following: increase your endurance and strength for sports and fitness activities; develop your ability to focus and concentrate; reduce body fat; increase muscle mass; help burn more calories when at rest; reduce risk of injuries by protecting bones and joints; preventing long-term medical problems like osteoporosis
8. Dehydration is a condition that occurs when a person loses more fluids than he or she takes in.
9. How does weight-bearing exercise (like running or brisk walking) help prevent osteoporosis?
This type of exercise helps to keep bones strong.
10. List two ways aerobic exercise helps the heart.
Aerobic exercise helps the heart to get stronger and become more efficient in delivering oxygen to the body.