

True or False: Physical Activity

Physical activity provides endless benefits to people of all ages. Read the following statements. Decide whether each statement is true or false.

- _____ 1. Exercise is only helpful if you do 30 minutes every day.
- _____ 2. Daily activities such as vacuuming, mopping, and sweeping can help build up an individual's endurance.
- _____ 3. Being physically active is expensive and you need a lot of money for equipment.
- _____ 4. Staying active is good for dealing with stress.
- _____ 5. People with high blood pressure should not be physically active.
- _____ 6. Muscle weighs more than fat.
- _____ 7. Stretching is not important before and after you complete your workout.
- _____ 8. It is important for preschool-aged children (ages 3-5 years) to stay physically active throughout the day for growth and development.
- _____ 9. Exercises to strengthen your bones includes doing push-ups and climbing.
- _____ 10. Aerobic exercises include walking, running, or anything that makes your heart beat faster.
- _____ 11. Physical activity can increase your risk for developing type 2 diabetes.
- _____ 12. Exercise can relieve body aches such as headaches by releasing natural pain killers into your brain called endorphins.

Answer Key

1. False- Any amount of exercise is helpful.
2. True- Doing chores around the house gets your heart rate up.
3. False- You can do physical activity anywhere! You can go for a run outside, do push-ups in your room, and go play at your neighborhood park!
4. True- Exercising releases endorphins into the brain to lower your stress levels.
5. False- People with high blood pressure SHOULD be active.
6. True- One pound of muscle looks much smaller than one pound of fat.
7. False- It is very important to stretch before and after you work out.
8. True- Young children need to stay active in order for their body to develop properly.
9. False- Bone strengthening exercises include jumping, hopping, and skipping.
10. True- It is very important to incorporate aerobic exercises into your workout in order to raise your heart rate.
11. False- Physical activity decreases your risk to develop type 2 diabetes.
12. True- When you have a headache, participating in light exercise can help.