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| **STEPS TO WELLNESS**Review QuestionsLesson Three – Moderate Exercise Improves Health |
| T | F | (True or False) |
|[ ] [ ]  1. | You need to get your exercise in one block of time. |
|[ ] [ ]  2. | Exercising 3-5 times weekly is adequate. |
|[ ] [ ]  3. | Exercise conditions the heart to pump more efficiently, thus lowering the heart rate and saving thousands of heart beats annually. |
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| Multiple Choice Questions*Indicate your answers by checking the letter you think is most correct* |
| 4. | If you are physically unfit, but you start exercising, how much can it reduce your risk of death from all causes? |
|[ ]  A. | By half |
|[ ]  B. | By double |
|[ ]  C. | none |
|[ ]  D. | none of the above |
|  |  |  |  |
| 5. | The best diet for someone who exercises is a  |
|[ ]  A. | High protein diet |
|[ ]  B. | High fat diet |
|[ ]  C. | High complex carbohydrate diet |
|[ ]  D. | Raw food diet |
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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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