|  |  |  |  |
| --- | --- | --- | --- |
| **STEPS TO WELLNESS**  Review Questions  Lesson 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. |
|  |  |  |  |
| 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 | |
|  |  |  |  |
|  |  |  | |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
|  | | | |