

# Get Off the Couch

Instructions: Track your daily physical activities. You don't have to do one activity for an hour straight, but your daily activites should add up to at least 60 minutes.

5-Day Program	60-minute daily exercise log (activity, length of time)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

## Quiz

1. When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
  - a. relaxase
  - b. smilene
  - c. endorphins
2. True or false: People who exercise burn more calories and look more toned than those who don't.
3. How much exercise do experts recommend for teens?
  - a. 6 minutes each day
  - b. 6 minutes each hour
  - c. 60 minutes each week
  - d. 60 minutes each day
4. Name one activity that can help keep you flexible: \_\_\_\_\_  
\_\_\_\_\_
5. True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
6. Draw lines to match the type of exercise with an example:

Strength training	Yoga
Flexibility training	Swimming
Aerobic exercise	Pushups
7. Underline the wrong answer.

Warming up before playing sports or being physically active:




  - a. increases your heart and respiratory rate
  - b. is a bad idea in hot weather
  - b. boosts the amount of nutrients and oxygen delivered to your muscles
  - c. prepares the body for a demanding workout
8. True or false: You have to lift weights to build strong muscles.
9. The three components to a well-balanced exercise routine are:
  - a. Running, swimming, jumping
  - b. Pushups, pull-ups, sit-ups
  - c. Aerobic exercise, strength training, flexibility training
  - d. Warming up, exercising, cooling down
10. Underline the activities that count as exercise:

a. Playing soccer	e. Riding a bike	i. Chewing gum
b. Walking a dog	f. Playing video football	j. Gardening
c. Texting a friend	g. Raking leaves	k. Shooting hoops
d. Dancing	h. Yoga	l. Clicking a remote control

## Quiz Answers

1. When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
  - a. relaxase
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2. True or false: People who exercise burn more calories and look more toned than those who don't.
3. How much exercise do experts recommend for teens?
  - a. 6 minutes each day
  - b. 6 minutes each hour
  - c. 60 minutes each week
  - d. 60 minutes each day
4. Name one activity that can help keep you flexible: Any one of the following: dance, martial arts, gymnastics, pilates, yoga, stretching.

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5. True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
6. Draw lines to match the type of exercise with an example:

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Flexibility training		Swimming
Aerobic exercise		Pushups
7. Underline the wrong answer.

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c. Texting a friend	g. <u>Raking leaves</u>	k. <u>Shooting hoops</u>
d. <u>Dancing</u>	h. <u>Yoga</u>	l. Clicking a remote control