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.

Pushups

- 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
- 7. Underline the wrong answer.

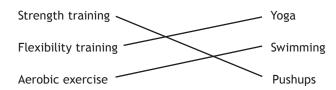
Warming up before playing sports or being physically active:

- 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
 - b. smilene
 - c. endorphins
- 2. <u>True</u> 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: <u>Any one of the following: dance, martial arts, gymnastics, pilates, yoga, stretching.</u>
- 5. <u>True</u> 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:



7. Underline the wrong answer.

Warming up before playing sports or being physically active:

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