Quiz Answer Key

1. What are the three components to a well-balanced exercise routine?
   **aerobic exercise, strength training, and flexibility training**

2. Teens should get at least **60** minutes of moderate to vigorous physical activity each day.

3. When you exercise, you burn ____________ as fuel.
   a. endorphins
   b. **calories**
   c. oxygen

4. Exercising to maintain a healthy weight decreases a person’s risk of developing certain illnesses, such as:
   **type 2 diabetes or high blood pressure**

5. __________ ____________ is any type of exercise that gets the heart pumping and the muscles using oxygen.

6. Which burns more energy when a person is at rest — muscle or fat? **muscle**

7. List three benefits of strength training.
   Any three of the following: increase your endurance and strength for sports and fitness activities; develop your ability to focus and concentrate; reduce body fat; increase muscle mass; help burn more calories when at rest; reduce risk of injuries by protecting bones and joints; preventing long-term medical problems like osteoporosis

8. __________ is a condition that occurs when a person loses more fluids than he or she takes in.

9. How does weight-bearing exercise (like running or brisk walking) help prevent osteoporosis?
   **This type of exercise helps to keep bones strong.**

10. True or false: Walking or bicycling to school counts as exercise.