



PHYSICAL ACTIVITY QUIZ

There is a lot of talk about physical activity these days... how much is necessary to benefit our health? What kind should we be doing? Find out how much you know about physical activity with our true-or-false statements.

QUESTIONS:

1. **The recommendations for physical activity are the same for children and adults**

True False

2. **When you are physically active it's a case of no pain no gain**

True False

3. **Being physically active is expensive and you need money for equipment**

True False

4. **Swimming is better than walking**

True False

5. **Being active is good for dealing with stress**

True False

6. **You don't need extra physical activity if your work keeps you on the move all day**

True False

7. **People with high blood pressure shouldn't be physically active**

True False

8. **A lot of physical activity would lead to huge muscle development**

True False

9. **If you're trying to lose weight, the only sure way is to eat less**

True False

10. **Strength and flexibility are as important as stamina in looking after your body**

True False

ANSWERS:

1. The recommendations for physical activity are the same for children and adults

False. The minimum amount of physical activity for adults is 30 minutes on five days of the week and the minimum amount of physical activity for children is 60 minutes of physical activity every day of the week

2. When you are physically active it's a case of no pain no gain

False. Exercise is often an effort and a challenge, but we should stop if it's hurting. Warming up and cooling down correctly will lessen the possibility of injuries.

3. Being physically active is expensive and you need money for equipment

False. Lots of physical activities are free. Many team sports cost little for competitors. Walking is free; the only equipment needed is a pair of shoes or boots with good grip and support. Joining sport and health clubs can seem expensive, but regular use will give value for money.

4. Swimming is better than walking

False. Comparing one activity with another can be meaningless, as different activities give us different benefits and these can depend on the frequency, intensity and amount of activity done. Both swimming and walking are aerobic activities, good for heart and lung health and muscle strength. Swimming can also improve joint flexibility. All physical activity is good for our health.

5. Being active is good for dealing with stress

True. Regular activity helps to improve mood, relieve muscle tension and stimulate the release of the endorphin hormones which contributes to the "feel good" factor.

6. You don't need to be physically active if your work keeps you on the move all day

False. There is a difference between being active as part of the daily routine and deliberately choosing to take be active. Remember your 30 minutes needs to be at a moderate intensity, being 'on the move' might not be a high enough intensity. A brisk walk would be a moderate intensity activity for most people. The best way to know if you are reaching moderate intensity is to listen to your body, you should be: breathing a little more deeply, feeling a little warmer with your heart beating a little faster, you should be able to have a conversation during moderate intensity activity.

7. People with high blood pressure shouldn't be physically active

False. A planned physical activity programme in consultation with your GP may help to lower blood pressure. Physical activity helps to lower risk of heart disease by strengthening the heart muscle, and improving the capacity of the heart and lungs to supply blood to the system.

8. A lot of physical activity would lead to huge muscle development

False. While rigorous body building exercise using weights can over time increase muscle size, mainly in men, moderate intensity exercises increase muscle strength without greatly affecting muscle size. Strong muscles will better support the back, stomach and weight-bearing joints.

9. If you're trying to lose weight, the only sure way is to eat less

False. Physical activity is an important part of a weight loss programme. Regular activity helps to burn calories and increases your metabolism, the rate at which you burn energy. People who are active are more likely to maintain their weight loss.

10. Strength and flexibility are as important as stamina in looking after your body

True. It is also very important for people, particularly older people, to maintain their strength and flexibility in order to be able to climb stairs, get in and out of chairs, lift kettles, do up zips and buttons, comb hair, etc.