

## Healthy Heart Workout Quiz

1. Regular physical activity is an important step toward a healthy heart. What other steps can you take to reduce your risk of heart attack?
  - a) stop smoking
  - b) reduce high blood pressure
  - c) maintain proper blood cholesterol levels
2. If running marathons is not your idea of regular exercise, you can work up a heart-healthy sweat in your everyday life in a lot of ways. What are some of them?
  - a) sitting in a sauna
  - b) walking
  - c) vigorous vacuuming
  - d) mowing lawn with push mower
  - e) gardening
  - f) baking brownies
  - g) raking leaves
  - h) dancing
3. Children are more physically fit today than they were a generation ago.  
 True  
 False
4. What is the most common excuse for not engaging in physical activity?  
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5. Besides being an important way to get ready for bathing suit season, regular activity can also benefit your health and well-being by improving which of the following?
  - a) blood cholesterol
  - b) high blood pressure
  - c) energy level
  - d) sleeping patterns
  - e) weight
6. A heart-healthy schedule should involve at least 30 minutes of physical activity on most days of the week.  
 True  
 False
7. A complete physical fitness program should involve activities that promote endurance, strength and flexibility.  
 True  
 False
8. What should you do first before starting a vigorous exercise program if you're middle-aged or older, have been sedentary, are overweight or have a serious medical condition?  
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9. What form of physical activity has the lowest dropout rate?  
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## Healthy Heart Workout Quiz Answer Key

1. a, b, c
2. all except 'a' and 'f'
3. **False. Children are heavier and less physically fit than they were even a generation ago. Many are developing cardiovascular disease risk factors such as overweight, higher blood pressure, higher blood cholesterol and cigarette smoking. Children spend an average of 17 hours a week watching TV in addition to the time they spend on video and computer games – all sedentary activities!**
4. **Not enough time. But all it takes is 30 minutes a day and not necessarily all at once! Your workout should have the same importance as any other appointment of the day.**
5. **All**
6. **True**
7. **True. To build endurance, do aerobic physical activities such as brisk walking, running, bicycling or swimming. To build strength, try weight lifting. To improve flexibility, do stretching and movements that put each part of the body through its full range of motion.**
8. **See a doctor first for a medical evaluation.**
9. **Walking. It's inexpensive, easy and convenient. You can walk throughout your lifetime. You can walk year-round and in most weather, indoors or outdoors. You don't need special clothing or equipment. Walking is low impact so risks of injury to bones and joints are minimal.**