

Active Living Quiz

- Active living is ...
 - ...having a lot of fun
 - ...making physical activity a large part of your daily routine
 - ...a community health program
 - ...a community sports program
 - ...all of the above
- People of all ages need to be active and to be healthy. How many Canadians are not active enough to achieve health benefits?
 - all
 - 33%
 - none
 - 66%
- Not being physically active is as dangerous to your health as smoking
 - true
 - false
- To stay healthy, people need to do a variety of activities. The three types of activities people require are:
 - endurance, flexibility, and strength
 - flexibility, eating right, and strength
 - watching TV, eating right, and endurance
 - running, endurance, and weight lifting

True or False. Children and Youth who are physically active are more likely to continue to be active through their adult life?

True or False. Physical Activity can help protect us against certain types of cancer?

True or False. Only athletes are considered to be physically active?

List four health benefits of being physical active

References: Physical activity and your health quiz. Canada's Physical Activity Guide to Healthy Active Living. Health Canada and Canadian Society for Exercise Physiology.



ANSWER SHEET

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 - 33%
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 - 66%**
- Not being physically active is as dangerous to your health as smoking
 - true**
 - false
- To stay healthy, people need to do a variety of activities. The three types of activities people require are: (circle one)
 - endurance, flexibility, and strength**
 - flexibility, eating right, and strength
 - watching TV, eating right, and endurance
 - running, endurance, and weight lifting

True or False. Children and Youth who are physically active are more likely to continue to be active through their adult life? **Yes that's true. In fact researchers have proven time and time again that active children turn into active adults**

True or False. Physical Activity can help protect us against certain types of cancer? **Yes that true. Physical activity plays a strong role in warding off diseases and even common illnesses such as the flu or a cold**

True or **False**. Only athletes are considered to be physically active? **No that is false. You don't have to be an athlete or even play sports to be physically active. You just have to be active your own way and find what you like to do. Whatever gets you moving - It can be dancing around to music, walking to school or playing outside. But if you have an interest in a team sport or an individual one that you would love to try, go for it. And have fun doing it.**

List four health benefits of being physical active

Any of the following: Better health, improved fitness, better posture and balance, better self-esteem, weight control, stronger muscles and bones, feeling more energetic, relaxation and reduced stress, continued independent living in later life.

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