

HOW MUCH DO YOU KNOW ABOUT FITNESS?

Name _____

Period _____

1. _____ When working out you don't need to drink water until you feel thirsty.
2. _____ Eating a candy bar before a game will give you extra energy for the whole game.
3. _____ Women should avoid weight lifting if they don't want their muscles to become bulky.
4. _____ A good way to lose weight is to wear clothing that makes you sweat a lot when working out.
5. _____ Fast walking/slow jogging aren't really that good for cardio.
6. _____ When you are involved in an exercise program or a sport, you need to take extra vitamins and minerals.
7. _____ To avoid discomfort associated menstrual cramps, women should not exercise during their periods.
8. _____ A good way to get rid of fat on the abdomen is to do crunches and curl ups.
9. _____ Within two weeks of inactivity, the muscles of an active person will begin to lose strength.
10. _____ Without exercise, muscle turns to fat.
11. _____ Long, static (not moving) stretching should be done before any kind of exercise.
12. _____ You don't need to eat extra protein in order to put on muscle mass (size).
13. _____ Diet supplements are good for you.
14. _____ If you are only going to exercise for 10 minutes, don't bother.
15. _____ "Midnight snacks" are more fattening than the same snack eaten earlier in the day.
16. _____ Running a mile burns the same amount of calories as walking a mile.
17. _____ Poor diet and inactivity kill more Americans each year than those who die as a result of smoking.
18. _____ Exercise can be beneficial to people who suffer from asthma.
19. _____ The more you exercise, the more energy you will have.
20. _____ If you have recently started an exercise program and yet have still gained a few pounds, it means the program is not working.
21. _____ Exercising within two hours of bedtime might interfere with your sleep.
22. _____ Strenuous exercise is much more beneficial than light exercise.
23. _____ In order to build bone density, you need to do weight bearing exercises.
24. _____ Exercise can be as beneficial as medication in treating moderate depression.
25. _____ You must be extremely cautious when exercising in hot, humid weather.
26. _____ Sprinting is a good form of aerobic exercise.
27. _____ Heredity has a lot to do with whether you are lean, muscular, or fat.
28. _____ To lose a pound of fat you must eat 3500 calories less than normal or use 3500 calories more than usual (or a combination of the two).
29. _____ Fat loss through exercising tends to stay off longer than fat loss through dieting.
30. _____ Those who have strong self-confidence and have knowledge about fitness are more likely to exercise regularly.
31. _____ If you participate in activities that you like, you will be more likely to continue exercising.
32. _____ Cardio workouts should be done 2-5 times per week.
33. _____ Resistance training (weight training, calisthenics) should not be done on consecutive days.
34. _____ Dynamic stretch should be done before your workout and static stretch after.
35. _____ Stretching is a good way to warm up your muscles.