



## 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. *Aerobic exercise* 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. *Dehydration* 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.