

Name _____

Exercise Essentials: How Often Should You Get Moving?

Multiple Choice Questions

1. What is one benefit of regular exercise?
 - a) Increased risk of chronic diseases
 - b) Lower stress levels
 - c) Reduced muscle and bone strength
 - d) Poor sleep quality

2. How does the frequency of exercise vary with age?
 - a) Children and teens need less exercise than adults.
 - b) Adults need more exercise than older adults.
 - c) Older adults should focus on improving balance and flexibility.
 - d) Children and adults have the same exercise requirements.

3. What is the significance of consistency in exercise routines?
 - a) It allows for cramming all workouts into one weekend.
 - b) It's not essential for achieving fitness goals.
 - c) It helps build a healthy exercise habit.
 - d) It increases the risk of injury.

4. How often should adults aim to include strength training exercises in their routine?
 - a) At least one day a week
 - b) At least two days a week
 - c) Every day
 - d) Only when they have extra time

5. What should you do if you're feeling fatigued or sore from exercise?
 - a) Push through the pain and continue exercising.
 - b) Take a break and rest.
 - c) Double your exercise time to make up for it.
 - d) Ignore the discomfort and keep going.

