

# Exercise Quiz

## Questions

Answer TRUE or FALSE for each statement.

1. If I work out, I can eat as much as I want.

True       False

2. Exercise makes you tired.

True       False

3. The older we get, the less exercise we need.

True       False

4. Taking medication means I can't exercise.

True       False

## Answers

- 1. FALSE.** It is true that exercise burns calories. But! It is much easier to eat calories than it is to burn calories. For example, it would take you:

  - Almost 2 hours of walking to burn off the calories in a small McDonald's fries
  - 2.5 hours of stair climbing to burn off the calories in 2 slices of pepperoni pizza
  - 1.5 miles of walking to burn off the calories in 1 can of soda

Exercise is great for overall health, and we recommend it! In fact, you might find that as you start exercising, you don't want to eat unhealthy foods as much anymore. But it is a lot easier to eat calories than it is to burn them.
- 2. FALSE.** When you first start a regular exercise program, you might be tired during and after. But after a week or so of exercising on a regular schedule, you might find you have more energy than you did before! You might also find that you sleep better
- 3. FALSE.** No matter what your age is, exercise is an important part of staying healthy. There are exercises for people at any age; and it's never too late to start (or re-start) a regular exercise program. Some benefits of exercising as we get older are:

  - To keep up the strength and energy to do daily activities
  - To stay independent as we age
  - To improve sleep quality
- 4. FALSE.** For most medicines, this isn't true. For the most part, exercise helps your body do what it needs to do to be healthy. Sometimes, becoming more active can mean that you need less medications. Speak to your doctor when you start exercising, to make sure that you can work together to find the right types of exercise for your needs.