

MY Heart IN MY Hands

Physical Activity Trivia: True or False?

Materials:

- None

Instructions:

- Divide your guests up into 2 teams. Ask the teams to keep track of their points.
- The hostess begins by reading a question to team 1, followed by True or False?
- If team 1 answers correctly, they get a point. If they answer incorrectly, no one gets the point.
- The hostess then proceeds to ask team 2 a question and so on until all of the questions are asked.
- The team with the highest score wins!

Questions:

1. True or false? Physical inactivity is a modifiable risk factor for cardiovascular disease. **True.** Other modifiable risk factors for cardiovascular disease include smoking, overweight, obesity, high blood pressure, and high cholesterol.

2. True or false? Physical activity can counteract the harmful effects of other risk factors, such as high cholesterol and high blood pressure. **True.** Studies show that being physically fit lowers heart disease risk even in people who have other health problems, including high blood pressure and high blood cholesterol.

3. True or false? Heart & Stroke recommends that adults accumulate at least 30 minutes of moderate- to vigorous-intensity aerobic physical activity per week. **False.** Heart & Stroke recommends adults should accumulate at least 150 minutes of moderate - to vigorous-intensity aerobic physical activity per week, or 30 mins, 5 days a week.



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4. True or false? You don't get health benefits from exercise unless you are exercising vigorously. **False.** Consistently doing moderate-intensity aerobic physical activities will help improve your overall cardiovascular health. It is so important to listen to your body and to remember that it is not necessarily about working up to your maximum; your health will benefit greatly from engaging in moderate-intensity physical activities.
5. True or false? Endurance activities are especially beneficial for your heart, lungs, and circulatory system. **True.** Endurance activities are continuous activities such as walking, cycling, and swimming.
6. True or false? Strength activities, such as carrying groceries (or toddlers!), heavy yard work or weight training, strengthen muscles and bones and improve posture. **True.** Aim to participate in muscle and bone strengthening activities at least two times a week. [Click here for easy strengthening exercises that you can do at home.](#)
7. True or false? An aerobic physical activity, such as running or biking, requires the same effort from everyone. **False.** Although two people may be doing the same activity, if one of them is more fit than the other, he or she probably won't have to work as hard as the other person if he or she is less fit. What one person considers moderate intensity may require a vigorous effort from a less fit person.
8. True or false? In addition to aerobic and muscle and bone strengthening activities, it is also important to participate in flexibility activities. **True.** Flexibility activities help relax muscles and keep joints healthy by ensuring your body bends and stretches. Activities that promote flexibility include yoga, stretching, Tai Chi, yard work and vacuuming.
9. True or false? If you can't quite meet the physical activity guidelines, it is a waste of your time to do any physical activity. **False.** If you have been physically inactive, you still get some health benefits from being active even if you are not quite meeting the Canadian Physical Activity Guidelines. Build up slowly and remember that some is better than none! The more active you are, the greater the health benefits.
10. True or false? It is not normal to have sore muscles after exercising. **False.** It is normal to feel muscle soreness after exercise; this may last for a couple of days and is showing that your muscles are getting stronger. It is important to know that you are not harming yourself when you feel this way. However, sharp or shooting pain, numbness, or tingling may indicate that an injury is occurring. In these situations, seek care and guidance from a health professional.
11. True or false? Aerobic physical activities count towards meeting the Canadian Physical Guidelines as long as they are done in blocks of time that are at least 10 minutes long. **True.** Aerobic physical activity doesn't have to be non-stop, such as an aerobics class. You can do 10 minutes or more at a time throughout the day to reach your daily total!