

**The Activity Ball  
Quick Answer Guide**

	<b>Question</b>	<b>Answer</b>
1	Name two endurance activities.	Running, hiking, cross country skiing, swimming, biking, walking, skating, jumping rope
2	Name an activity that increases strength.	Resistance training: weight lifting, exercise bands or tubes, push-ups, squats, pull-ups; Pilates, martial arts
3	To improve flexibility you should do a lot of what?	Stretching, yoga, martial arts, dance
4	What should you do before exercise to avoid injury?	Warm up
5	Name 3 reasons why you should weight train.	Increase muscle mass, increase muscle strength, tone up
6	Should you eat before or after exercise?	Both are important
7	What is the muscle on the inside of your upper arm?	Biceps
8	What is the muscle on the outside of your upper arm?	Triceps
9	Can small amounts of alcohol during pregnancy affect an unborn child?	Yes
10	What is your body's main source of energy?	Carbohydrates
11	What role does fiber play in the body?	Helps with digestion and may help lower blood cholesterol and regulate blood sugar
12	Meat and other animal products are excellent sources of what nutrients?	Protein and iron
13	How many cups of water are recommended to drink in one day?	Eight
14	Name four benefits of exercise.	Prevents chronic disease, weight loss or maintenance, management of diabetes, improved mood, improved bone health, improved fitness
15	Name three unhealthy personal behaviors.	Smoking, alcohol/drug abuse, lack of physical activity, high saturated or trans fat diet
16	What area of fitness is the mile run test?	Cardiovascular
17	About how many hours of sleep does a middle school student need?	Nine hours
18	What Presidential Fitness Test measures flexibility?	Sit and reach

19	Name three problems associate with lack of sleep.	Less alert, crabby, nervous, irritable, headaches, can't concentrate
20	What is insomnia?	Sleep disorder
21	What muscles keep your stomach and intestines in place?	Abdominals
22	Name one physical benefit of exercise.	Weight loss/maintenance, improved bone health, increases muscle mass, reduced risk of chronic disease
23	Name one mental/emotional benefit of exercise.	Improved mood, decreased symptoms of depression, stress reduction, improved body image
24	Name one social benefit of exercise.	Fun with friends, meet new people, improved relationships
25	What does "SPF" stand for on a bottle of sunscreen?	Sun Protection Factor
26	Why does exercise cause a person to be happier?	Increased endorphins
27	What are the two types of exercise?	Aerobic and anaerobic
28	Name five team sports.	Basketball, volleyball, football, soccer, baseball, softball, hockey, lacrosse, rugby
29	What function do your lungs serve in your body?	Oxygenate the blood, remove carbon dioxide from the blood
30	For what are most of your daily calories used?	Basal metabolism
31	True or False: The greater the body size, the greater the energy expended.	True
32	What could you do to increase the total number of calories expended each day?	Increase physical activity
33	What vitamin is associated with bone growth?	Vitamin D
34	True or False: As the body ages, basal metabolism increases?	False
35	What is the name of the oxygen-carrying molecule in the blood?	Hemoglobin
36	True or False: You will gain weight by age 40 if you maintain the same diet and exercise habits you have now.	True
37	When you exercise, should you increase or decrease your water intake?	Increase
38	What two minerals are often lacking in teenage girls?	Iron and calcium
39	Name two diseases that can be triggered by obesity.	Heart disease, hypertension, diabetes, stroke, liver disorders
40	True or False: Athletes need more protein than non-athletes.	False, but debatable – may be true in some cases
41	How many calories per gram does alcohol contain?	Seven calories
42	Excess of what nutrient aggravates high blood pressure?	Sodium

43	What nutrient is needed for blood production?	Iron
44	What is the name of an eating disorder where a person starves him or herself?	Anorexia nervosa
45	The lack of what dietary substance can be the cause of constipation?	Fiber
46	What is the name of the eating disorder associated with binge eating and then purging?	Bulimia
47	Name two good sources of fiber?	Whole wheat products, oats, fruit, vegetables, beans, legumes, nuts, seeds
48	What is one good source of iron?	Meat, dried beans, lentils
49	Who needs more calcium: a 14 year old girl or a 35 year old woman?	14 year old girl
50	True or False: Obesity is due almost entirely to heredity.	False
51	True or False: Some people can eat as many calories as they want and never become obese.	False
52	True or False: Skipping meals is a good way to lose weight.	False
53	True or False: You should not drink water when trying to lose weight.	False
54	Should any fat be consumed with dieting to lose weight?	Yes
55	Which burns more calories: walking or running a mile?	Running
56	True or False: It is not wise to exercise a lot when trying to lose weight.	False
57	What area of the body does Pilates target?	Core: abdominals and lower back
58	What should be done immediately after an injury to reduce swelling?	Apply a cold pack or ice
59	Tai Bo workouts imitate what sport?	Kickboxing
60	The Iron Man Triathlon consists of what three activities?	Biking 112 miles, Running 26.2 miles, Swimming 2.4 miles
61	Should your cholesterol level be over or under 200?	Under
62	How many pull-ups does a middle-school-aged girl need to qualify for the Presidential Fitness Award?	Two pull-ups
63	The largest organ of your body is your _____.	Skin
64	True or False: Starch foods, like potatoes and bread are more fattening than a hamburger, hot dog or cheddar cheese.	Trick Question: Fattening doesn't have a specific definition
65	Which is more fattening sugar or starch?	Trick Question: Fattening doesn't have a specific definition
66	Name one social problem with obesity.	Teasing, low self-esteem and body image, left out of activities
67	What muscles do push-ups work?	Triceps, pectorals

68	Is it good to bounce while stretching?	No
69	True or False: Some stress is good for you.	True
70	True or False: Stress can lead to disease.	True
71	Name four Summer Olympic sports.	Baseball, basketball, cycling, equestrian, rowing, sailing, swimming, diving, hurdles, pole vault, walking, tennis
72	Name four Winter Olympic sports.	Biathlon, bobsled, curling, ice hockey, luge, skating, skiing
73	In what sport is there a corner kick?	Soccer
74	What sport can be played on both, blacktop or ice?	Hockey
75	Which Presidential Fitness Test measures speed and agility?	Shuttle run
76	In which sport could the score be love-30?	Tennis
77	Are good shoes essential for preventing injuries during physical activities?	Yes
78	What are two pieces of protective equipment worn during a football game?	Helmet, shoulder pads, face masks, chin straps, mouth pieces,
79	Name the categories of the food pyramid.	Grains, vegetables, fruits, milk, meat & beans, oils
80	What is the largest group of foods in the food pyramid?	Grains
81	On the food pyramid, what group of foods should be consumed only one in a while?	Oils
82	Eggs are included under which food group in the food pyramid?	Meat & Beans
83	True or False: The heart becomes stronger and larger with exercise.	True
84	Is the human's heart a muscle?	Yes
85	What is the name of the large muscle on the backside of your lower leg that is involved in jumping?	Calf
86	A middle-school-aged person should exercise for 20 minutes _____ times a week.	60 minutes everyday, recommendations have changed
87	Name the organ that is responsible for pumping blood throughout the body.	Heart
88	Name 3 weight lifting exercise.	Squat, bench press, dumbbell flys, calf raises, bicep curl, triceps kickback, shoulder press, leg curl, lunges, hammer curl, back extensions
89	What does lifting weight increase?	Muscle strength, muscle mass
90	Will you get a better aerobic workout jogging or playing tennis?	Jogging
91	Is it important to set realistic goals for exercising to improve fitness level?	Yes
92	What joins two bones together and determines a person's range of motion?	Joint

93	How many meters are in a mile?	1600
94	Name two things you can eat to get Vitamin C.	Red bell pepper, papaya, orange juice, orange, broccoli, strawberries, cantaloupe, grapefruit, tangerine, tomato
95	How many food groups are there in the food pyramid?	Six groups
96	True or False: Exercise decreases the amount of blood pumped per beat by the heart.	False
97	True or False: Hair is made of dead skin cells.	True
98	True or False: Sleep restores energy to the brain and nervous system.	True

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