

The Activity Ball: Learn While You Play!

The Activity Ball is a tool that allows you to get a group active and educate on healthy eating and activity all at the same time. With this interactive learning game, participants throw a beach ball to each other. Once they catch the ball they answer a question printed on the ball that is closest to their right thumb. The instructor uses the Question and Answer guide to announce the answer and has the option to elaborate on that health topic.

The Activity Ball can be used as a lesson by itself or it can be incorporated into group meetings of any type. Try using it as an ice breaker for a meeting or as a physical activity break during a conference or all-day meeting.

Where to use it:

- Professional meeting
- Classroom setting
- Recreation or senior center
- Club meeting
- Conference setting

Target audience:

- Youth grades 6 and higher
- Adults of all ages

What you need:

- One Health & Fitness Clever Catch® Ball (provided by the HEEL program)
- Question & Answer Guide
- Large, open area with room to throw the ball
- A group of any age ready to have some fun and learn at the same time

How to play:

- Instruct participants to sit or stand in a circle.
- The activity leader throws the ball to a participant.
- The participant catches the ball and looks at the question closest to his or her right thumb.
- The participant reads the question and states his or her answer out loud.
- The activity leader states if the answer is right or wrong and gives more information about the correct answer.
- The ball is thrown to another participant and the game continues.

The Activity Ball Question and Answer Guide

This guide will allow you to provide the correct answers to the questions listed on the activity ball. The information will allow you to elaborate on the answer and use this activity as a teaching tool. ***Please note that this Question and Answer Guide is not designed as a hand out for participants. It is designed as a teaching tool and information resource for the activity leader.***

1. Name two endurance activities.

Running, Hiking, Cross country skiing, Swimming, Biking, Walking, Skating, Jumping Rope

Physical endurance is a measure of the body's ability to continue an activity that is physically stressful for an extended period of time. As physical endurance improves through regular physical activity, a person is more likely to be able to do an activity such as running or biking more intensely or for a longer period of time. Endurance activities can also be called cardiovascular activities, or those that improve heart health.

2. Name an activity that increases strength.

Resistance training: weight lifting, exercise bands or tubes, push-ups, squats, pull-ups, Pilates, Martial arts

Activities that increase strength are a result of some type of resistance training. Resistance training simply means that the muscles are working against some force or resistance which makes them stronger. This force or resistance could be a weight, band, tube or your own body weight working against gravity.

3. To improve flexibility you should do a lot of what?

Stretching, Yoga, Martial arts, Dance

Improving flexibility means that you are improving the range of motion of the joints so that you can move more easily. Any of the above activities can improve your flexibility.

4. What should you do before exercise to avoid injury?

Warm up

Warming up increases the body's temperature and circulation. This gradually prepares the body for the more intense activity to come in a physical activity session. You should warm up for at least five minutes before physical activity. You can simply march in place, or you might just begin the activity at a slower pace. For example, if you are biking, just bike slowly for about five minutes before picking up the pace.

5. Name 3 reasons why you should weight train.

Increase muscle mass, Increase muscle strength, Tone up

As we age, our muscle mass decreases. This can lead to loss of balance and the ability to do everyday activities. By working to maintain and build muscle we improve our ability to stay active and independent.

Muscle strength goes along with muscle mass. When we are stronger we are more able to do a variety of activities. Strong muscles can help us in everyday activities such as lifting, or moving objects. These objects include children and pets.

Weight training can lead to a more toned physical appearance. This can help us to look leaner and more fit with out losing weight. By toning the muscles of the body you might find that you go down a pant size without the scale decreasing at all.

6. Should you eat before or after exercise?

Both are important

For a general exercise session, you can eat before or after exercise or both. To give you energy it is a good idea to have some sort of snack about two hours before your activity. The snack should be balanced in carbohydrate and protein, and easy to digest to avoid stomach upset. Try an apple, light string cheese or peanut butter crackers.

After activity, the most important step is to drink fluid. Two to three cups for every pound lost during the activity should re-hydrate you. If you don't keep track of your weight that closely about two to four 8 oz glasses is ideal. In addition, eat a balanced meal or snack to replenish the energy you have used.

If you are a competitive athlete and plan to participate in a sporting event your pre and post game meals become more important for performance and to replace what is lost from the intense activity. Carbohydrate rich meals can be ideal for endurance sports beginning a few days before an event. Focusing meals on pasta, rice, potatoes and bread can supply your needs.

During competition, drink a half cup of fluid every 15 minutes. Also consider food or drinks that contain carbohydrate such as sports drinks or orange slices.

After an event, enjoy a high carbohydrate meal or snack within two hours of competition. If you have been active for 60 minutes or more, consider drinking a sports drink to replenish electrolytes like sodium and potassium lost through sweating.

7. What is the muscle on the inside of your upper arm?

Biceps

The biceps are the muscle used when you pick something up or pull something towards your body. To strengthen your biceps try this simple exercise:

- Stand with your feet hips width apart.
- Your arms should be at your side.
- Hold a light weight or soup can in each hand.
- Keeping your elbows close to your side, bend at the elbow and curl the weight up almost to the point where it touches your shoulder.
- Slowly lower it back down to your side.

- Do 8 to 12 times on one arm then repeat on the other arm.

8. What is the muscle on the outside of your upper arm?

Triceps

The triceps are used when you push something away. Try a simple wall push-up exercise to strengthen and tone your triceps:

- Stand facing a wall.
- Place your hands on the wall, at about chest level and shoulder-width apart from each other.
- Stand with feet about 1 to 2 feet away from the wall.
- Slowly lean toward the wall, until your face almost touches.
- Slowly push away from the wall returning to the starting position.
- The closer you stand to the wall, the easier the exercise.

9. Can small amounts of alcohol during pregnancy affect an unborn child?

Yes

During pregnancy, there is no amount of alcohol that can be considered safe for the unborn child. According to the US Surgeon General, women who are pregnant or who may become pregnant should abstain from alcohol use. Even moderate drinking can be related to low birth weight and possible miscarriage. As alcohol consumption increases, so does the rate of birth defects which includes:

- deficiencies in growth
- facial abnormalities
- impairment of the central nervous system
- behavioral disorders
- impaired intellectual development

Surgeon General's Advisory on Alcohol Use in Pregnancy, Feb. 21st, 2005, available online at <http://www.hhs.gov/surgeongeneral/pressreleases/sq02222005.html>

10. What is your body's main source of energy?

Carbohydrates

Carbohydrates are the main fuel for physical activity. The body breaks down the carbohydrates we consume into glucose. This glucose becomes available in the blood for use to produce energy. If not used for energy right away, it is stored as glycogen in the muscle and liver for later energy use. If excess calories are consumed, it is converted and stored as fat.

11. What role does fiber play in the body?

Helps with digestion and may help lower blood cholesterol and regulate blood sugar.

Insoluble fiber does not dissolve during digestion and it absorbs water. This allows it to move through the colon more quickly which aids in regularity and prevents constipation. An example of a food high in insoluble fiber would be wheat bran.

Soluble fiber may help lower blood cholesterol levels and help to regulate use of sugar by the body. Pectin, a soluble fiber, can attach to fatty substances in the body which helps us to eliminate them as waste. This may help to reduce the risk of cardiovascular disease. Another example of a food with soluble fiber is oats.

12. Meat and other animal products are excellent sources of what nutrients?

Protein and iron

Protein works to build, repair and maintain the tissues of the body. In cases, where the body does not have enough fat and carbohydrate, protein can be used as an energy source.

Iron serves the main role of the oxygen carrier within the hemoglobin. The hemoglobin of the red blood cell helps to carry oxygen to the cells of the body for energy production. In addition, iron is active in our immune system helping to protect against infection. It also helps in brain development.

Dried beans are also a good source of protein and iron. Some animal products such as dairy are not a good source of iron.

13. How many cups of water are recommended to drink in one day?

Eight

Water plays a role in almost every function of the body. Including:

- Regulates body temperature
- Transportation of nutrients and water to cells.
- Transportation of waste away from cells.
- Keeps tissues moist such as the mouth, eyes and nose.
- Serves as a component of body fluids such as blood and saliva.
- Aids in prevention of constipation.
- Cushions joints.

14. Name four benefits of exercise.

Prevents chronic disease (heart disease, diabetes, some cancers)

Weight loss or maintenance

Management of diabetes

Improved mood, decreased feelings of depression

Improved self-esteem and self efficacy

Slow the physical declines associated with aging

Improved bone health

Improved fitness levels (heart health, strength, flexibility, balance)

15. Name three unhealthy personal behaviors.

Smoking

Alcohol/drug abuse

Lack of physical activity

Eating diet high in saturated or trans fats

16. What area of fitness is the mile run test?

Cardiovascular

Cardiovascular activities are those that improve the health of the heart, or the cardiovascular system. These activities are sustained for longer periods of time, and increase heart rate and circulation. This test assesses cardiovascular fitness using the amount of time it takes to run the mile.

17. About how many hours of sleep does a middle school student need?

9 hours

To be at their best, children and adolescents need at least 9 hours of sleep each night, while adults need about 8. Not getting enough sleep can lead to decreased performance and reaction time, inability to concentrate, forgetfulness, and behavior and mood problems.

18. What Presidential Fitness Test measures flexibility?

Sit and Reach

In this test, a special box is used that has a measuring stick fixed flat to the top of the box. The student sits with feet out in front, with the soles of the feet touching the side of the box. With one hand over the other, the student will exhale and lean forward, pushing the hands along the measuring stick on top of the box. The distance the student can reach results in a measurement of flexibility.

19. Name three problems associated with lack of sleep.

Less alert

Crabby

Nervous

Irritable

Headaches

Can't concentrate

20. What is insomnia?

Insomnia is a sleep disorder that can include one or more of the following things:

- ***Difficulty falling asleep***
- ***Waking often in the middle of the night and not being able to get back to sleep***
- ***Waking too early***
- ***Sleeping does not leave you feeling refreshed***

The rate of insomnia increases with age. About 60 million Americans suffer from insomnia each year. Insomnia can affect daily life by making you feel unable to concentrate, irritable, sleepy, and fatigued.

Contact a health care provider if you feel this disorder is affecting you.

The National Women's Health Information Center, US Department of Health and Human Services, Office on Women's Health. Insomnia available online at <http://www.4woman.gov/faq/insomnia.htm>

21. What muscles keep your stomach and intestines in place?

Abdominals

Abdominal muscles are those in the stomach area and are sometimes called core muscles. Try this exercise to strengthen your abdominals:

- Lie down with knees bent and feet flat on the floor.
- Place your hands behind your head with finger tips touching, but not clasped together.
- Keeping your chin lifted, slowly raise the shoulders off the ground, squeezing the abdominals.
- Lift until shoulders are elevated off the floor.
- Hold for one second.
- Lower upper body to the starting position.
- Breathe out as you lift up, and breathe in as you lower.
- Repeat 12 to 15 times.

22. Name one physical benefit of exercise.

Weight loss or maintenance, Improved bone health, Increased 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 with family

Physical activity can be done in various settings and atmospheres. Being active with friends can keep you motivated to exercise. By joining a group exercise class or walking group you might meet some new people. In addition, making physical activity a priority with your family can keep you active together. Spend time together doing physical activity. Walk after dinner, shoot hoops after school, or take a weekend trip to a state park for some hiking.

25. What does “SPF” stand for on a bottle of sunscreen?

Sun Protection Factor

The Sun Protection Factor tells us how good the sunscreen is at protecting us from the sun's damaging rays. An SPF of at least 30 is recommended. Make sure the sunscreen you choose protects from both of the sun's light rays, UVA and UVB.

Apply sunscreen over all exposed skin 30 minutes before you go out. Don't forget places like the back of your neck and your ears, and use a lip balm with sunscreen to protect your lips. Reapply your sunscreen every two hours or after swimming, sweating, or toweling off, even if the brand you have is water or sweat proof.

26. Why does exercise cause a person to be happier?

Increased endorphins

Endorphins are chemicals released in the brain which bring feelings of pain relief, elevated mood and comfort. Research has shown that exercise can increase levels of

endorphins. This leads to a bounty of mental health benefits that exercise offers including improved mood and a reduction in the symptoms of depression.

27. What are the two types of exercise?

Aerobic and Anaerobic

Aerobic activity means that the presence of oxygen is needed to provide energy for the activity. Aerobic exercises can be sustained for longer periods of time. Due to the length and level of intensity of the activity, they most often benefit your cardiovascular system. Jogging, walking and swimming for longer periods of time such as 20 minutes are considered aerobic activities.

In anaerobic activities, the presence of oxygen is not required to produce the energy needed for the activity. These activities are short and quick. They cannot be sustained for long periods of time. Types of anaerobic exercise include short sprints and heavy weight lifting.

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

The alveoli provide surface area in the lungs for gas exchange. When blood is sent to the lungs oxygen is diffused from the alveoli to the blood. Carbon dioxide diffuses from the blood to the alveoli. The oxygenated blood can then be transported to other areas of the body such as working muscles.

30. For what are most of your daily calories used?

Basal metabolism

Basal metabolic rate (BMR) is the amount of calories or energy your body needs at rest to continue normal functions. These functions are the ones that happen automatically that we don't often think about. They can include the beating of the heart, breathing, maintaining body temperature, and production of body chemicals. The basal metabolism accounts for about 60% of the total energy the body needs.

31. True or False: The greater the body size, the greater the energy expended.

True

Factors in body size can affect the amount of energy expended. Someone with a higher weight will burn more calories because it takes more energy to move and perform normal daily activities. In addition, muscle tissue burns more calories than fat tissue. A muscular person will expend more calories than someone with less muscle mass.

32. What could you do to increase the total number of calories expended each day?

Increase physical activity

All physical activity burns calories. Even if you don't have time to do a long session at one time, stay active all day by taking the stairs, walking down the hall instead of emailing, or parking further away. The activity will add up and increase the amount of calories you burn during a day. Over time this can result in maintaining a healthy weight.

33. What vitamin is associated with bone growth?

Vitamin D

Vitamin D is essential in the absorption of both calcium and phosphorus and serves the role of regulating the amount of calcium in the blood. It helps to make bones and teeth stronger by helping to deposit the calcium and phosphorus in these tissues.

34. True or False: As the body ages, basal metabolism increases?

False

Basal metabolism decreases with age. In adulthood, the percentage of total energy intake needed to maintain basal metabolism decreases about 2% every 10 years. This decline is mostly due to decreases in muscle mass and changes in hormones associated with aging. Less muscle mass, and more fat mass means fewer calories are needed to maintain normal daily functions. It is good news, that regular physical activity can slow these changes due to aging and help to maintain the energy needs of the body.

35. What is the name of the oxygen-carrying molecule in the blood?

Hemoglobin

The hemoglobin of the red blood cell helps to carry oxygen from the lungs to the cells of the body for energy production.

36. True or False: You will gain weight by age 40 if you maintain the same diet and exercise habits you have now.

True

Basal metabolic rate (BMR), the amount of calories or energy your body needs at rest to continue normal functions, decreases with age. In adulthood, the percentage of total energy intake needed to maintain basal metabolism decreases about 2% every 10 years. This decline is mostly due to decreases in muscle mass and changes in hormones associated with aging. Less muscle mass, and more fat mass means fewer calories are needed to maintain normal daily functions. It is good news, that regular physical activity can slow these changes due to aging and help to maintain the energy needs of the body. However, if you do not increase your physical activity and decrease your food intake as you age, you will gain weight.

37. When you exercise, should you increase or decrease your water intake?

Increase

The body heats up when you are physically active. Your body cools itself through water evaporating on your skin, or increased sweating. This increased loss of water can lead

to dehydration, therefore, it is important to drink water to keep the body functioning properly.

38. What two minerals are often lacking in teenage girls?

Iron and Calcium

Iron serves the main role as the oxygen carrier within hemoglobin. The hemoglobin of the red blood cell helps to carry oxygen to the cells of the body for energy production. In addition, iron is active in our immune system helping to protect against infection. It also helps in brain development. Good sources of iron include meat, dried beans, and lentils.

Calcium plays an important role in bone building. It is also important to many other parts and functions in the body. Here's why it is important to eat foods rich in calcium. It can:

- Build and strengthen bones
- Slow the rate of bone loss associated with aging
- Aids in muscle contractions
- Aids in normal nerve function
- Assists in blood clotting if bleeding.

Good sources of calcium include yogurt, milk, cheese, canned salmon with edible bones, and calcium-fortified soy milk and orange juice.

39. Name two diseases that can be triggered by obesity.

Heart disease, Hypertension (high blood pressure), Diabetes, Stroke, Liver disorders

40. True or False: Athletes need more protein than non-athletes.

False, but debatable

Protein should make up about 12 to 15% of caloric intake. It is true that an athlete needs to be at the higher end of this range regarding protein intake. However, this extra amount is only equivalent to 2-4 ounces more of meat, poultry or fish each day.

The concept of protein needs for athletes is debatable. Some research shows that increased protein intake is beneficial for some types of athletes. Some experts support a higher protein intake for endurance and strength athletes. If you are interested in the protein needs of athletes, seek the help of a registered dietician, or certified nutritionist.

It is important to note that excess protein can be harmful for the body resulting in nutrient imbalance, dehydration, and the possibility of kidney problems.

41. How many calories per gram does alcohol contain?

7 calories

Carbohydrate and protein contain 4 calories per gram and fat contains 9 calories per gram.

Alcohol is not considered a nutrient even though it contains calories. In fact, alcohol can affect the absorption of nutrients like vitamins and minerals.

42. Excess of what nutrient aggravates high blood pressure?

Sodium

About 30% of Americans are sodium sensitive when it comes to blood pressure. This means that eating foods high in sodium could raise blood pressure. Reducing sodium intake may help in lowering blood pressure to a healthy level.

43. What nutrient is needed for blood production?

Iron

Iron plays an important role as part of the red blood cell. It carries oxygen to the cells of the body and carries away the waste product carbon dioxide. Iron is recycled from red blood cells and is either stored or used to make more red blood cells.

44. What is the name of an eating disorder where a person starves him or herself?

Anorexia nervosa

Anorexia nervosa is a serious eating disorder that leads to wasting of the body. Those affected refuse to eat and continue starving themselves even after extreme amounts of weight have been lost. Normal body functions are affected due to a lack of nutrients.

45. The lack of what dietary substance can be the cause of constipation?

Fiber

Insoluble fiber does not dissolve during digestion and it absorbs water. This allows it to move through the colon more quickly which aids in regularity and prevents constipation. An example of a food high in insoluble fiber would be wheat bran.

46. What is the name of the eating disorder associated with binge eating and then purging?

Bulimia

Bulimia nervosa is characterized by a person eating very large amounts of high calorie foods at one time, or binge eating. Many bulimics will purge after eating to rid themselves of the calories. Purging may be accomplished by self-induced vomiting, or the misuse of laxatives, diuretics, enemas or exercise. Bulimia is a serious disorder that can lead to internal bleeding and tooth decay due to vomiting, dehydration, organ damage and death.

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

Youth aged 9-18 years need 1300 milligrams of calcium each day. Adults under the age of 50 need 1000 milligrams each day.

50. True or False: Obesity is due almost entirely to heredity.

False

Obesity is a condition that can affect all generations of a family, but is most often not a genetic problem. Behaviors and environment play a large role in the development of obesity. This can include excessive caloric intake and lack of physical activity. These are two types of unhealthy behaviors that parents or other family members can model for their children which can lead to obesity as a family problem.

51. True or False: Some people can eat as many calories as they want and never become obese.

False

The ability to maintain a weight requires that the calories taken in through eating are equal to or balanced with the calories being expended through processes of the body and physical activity. The amount of calories a person burns is based on their body makeup and metabolism, specifically their muscle mass versus fat mass. If someone appears to eat a lot of food without gaining weight, chances are that they participate in physical activity or their body makeup and metabolism is efficient at burning calories.

52. True or False: Skipping meals is a good way to lose weight.

False

Your body needs energy from food to function throughout the day. Skipping meals can deprive your body of the energy it needs leaving you tired or sluggish. It can also leave you unsatisfied and hungry which could lead to overeating later in the day.

53. True or False: You should not drink water when trying to lose weight.

False

Water plays a role in almost every function of the body. Including:

- Regulates body temperature
- Transportation of nutrients and water to cells.
- Transportation of waste away from cells.
- Keeps tissues moist such as the mouth, eyes and nose.
- Serves as a component of body fluids such as blood and saliva.
- Aids in prevention of constipation.
- Cushions joints.

In addition, water can help you feel full and discourage overeating.

54. Should any fat be consumed with dieting to lose weight?

Yes

Fat serves many purposes and is needed for normal body functions. The roles of fat include:

- Aids in function and absorption of fat soluble vitamins.

- Can be used as an energy source.
- Adds flavor to food and can leave us feeling full and satisfied after a meal.

Limit fat intake to 30% of your total daily calories. Most of this should be from sources rich in monounsaturated and polyunsaturated fats such as tuna, salmon, nuts, olive oil and canola oil.

55. Which burns more calories: walking a mile or running a mile?

Running

Slightly more calories are burned when running a mile vs. walking a mile. For example, walking at a brisk pace, about 3.5 mph, the mile would be completed in about 17 min. A 155lb person would burn about 74 calories walking the mile at this speed. For running a slow pace at 5 mph, the mile would be completed in about 12 minutes. A 155lb person would burn about 109 calories running a mile at this speed.

Therefore, both are going the same distance with the runner taking a little less time. However, the runner is still burning more calories.

56. True or False: It is not wise to exercise a lot when trying to lose weight.

False

Weight loss occurs as a result of burning more calories than we take in through eating. Exercise burns calories and can help to facilitate weight loss. In addition, it improves overall physical health, tones the body and improves mood and self-esteem.

It is important to mention that “a lot” should not be interpreted as excessive. The Dietary Guidelines for Americans 2005 recommend 60 minutes of moderate to vigorous intensity physical activity most days of the week to help manage body weight and prevent gradual, unhealthy weight gain in adulthood.

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

Remember **R.I.C.E.** when it comes to injuries.

Rest: Rest the injured area by reducing the use of it for 48 hours.

Ice: Place an ice pack on the injury 4 to 8 times a day for 20 minute periods.

Compression: Compression may reduce swelling if the ankle, knee, or wrist is injured.

Elevation: Elevate the injured area in a position that is above the level of the heart.

Seek medical care immediately if the injury is serious!

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 and Swimming 2.4 miles

61. Should your cholesterol level be over or under 200?

Under

A total cholesterol level of less than 200 mg/dL is considered desirable. A cholesterol level of 200-239 mg/dL is borderline high risk, while 240 mg/dL and higher is considered high risk.

62. How many pull-ups does a middle-school-aged girl need to qualify for the Presidential Fitness Award?

2 pull-ups

63. The largest organ of your body is your _____.

Skin

The skin protects the body from pathogens. Pathogens are substances or agents that can cause disease and sickness. The skin also insulates the body and helps in temperature regulation. In addition, it is involved in Vitamin D synthesis in the body.

64. True or False: Starchy 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.

Taking in more calories than you burn through activity can cause weight gain, regardless of what foods the calories come from.

Potatoes and bread are high in carbohydrate, but low in fat so they are a more heart healthy choice. The carbohydrate in these foods can be beneficial for endurance activity. Cheddar cheese is high in saturated fat, but it provides both protein and calcium which are beneficial to health.

In addition, meat products can be high in saturated fat, but can also provide protein and iron.

You can enjoy all foods in moderation. Choose foods lower in saturated fat to promote heart health. Stay physically active and balance the calories you eat with the amount of activity you do each day.

65. Which is more fattening sugar or starch?

Trick Question: Fattening doesn't have a specific definition.

Once in the body, both sugar and starch have the same function. They are both converted to glucose which is used to fuel the functions of the body, including physical activity. Focus on the calorie content and nutrition value of foods. Ask yourself if the food will provide your body with the valuable nutrients such as carbohydrate, fat, protein, vitamins and minerals it needs to function at its best. Then make sure the calorie content fits into your daily needs. Visit www.mypyramid.gov to find out an eating plan that is right for you.

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

The push-up is a great upper body exercise. It works the chest muscles which are called the pectorals. It also works the triceps which are the muscles on the back of the upper arm. In addition, the push up can work the front of the shoulders called the anterior deltoids.

68. Is it good to bounce while stretching?

No

Bouncing during a stretch is called ballistic stretching. This movement can increase flexibility, but it can also cause small tears or injuries to the fibers of the joints and muscles. It is best to do static stretching, which means you ease into the stretch slowly and hold for at least 10 seconds.

69. True or False: Some stress is good for you.

True

Some stress is a normal part of everyday life. A controlled amount of stress can keep us motivated. This is the kind of stress that keeps us going to complete a project at work or meet a fitness goal. This type of stress is sometimes called eustress.

It is distress that can lead to negative affects on our health. Distress can occur when there is too much stress at one time or for a long period of time.

70. True or False: Stress can lead to disease.

True

Too much stress at one time or over a long period of time is called distress. Distress can lead to many events and conditions that affect health.

This might include:

- Headaches and back pain
- Allergies
- Ulcers
- Irritable bowel and colitis
- Rashes
- Increased blood pressure
- Abnormal heart beats
- Strokes
- Heart attacks
- Depression and anxiety

71. Name four Summer Olympic sports.

Baseball, Basketball, Cycling, Equestrian, Rowing, Sailing, Softball, Triathlon, Wrestling, Swimming, Water Polo, Diving, Synchronized swimming, Gymnastics, Marathon, Shot Put, Running, 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

In the shuttle run, two lines are placed on the floor, 30 feet apart. Two blocks are placed behind one of the lines. The student starts behind the first line, runs, picks up a block, runs back, and sets it behind the line. He or she then runs and picks up the next block, runs back, and places it behind the line. Students are timed for this event and results are based on age and gender.

76. In which sport could the score be love-30?
Tennis

77. Are good shoes essential for preventing injuries during physical activities?
Yes

Good shoes designed for physical activity provide rigidity, durability, flexibility, proper fit, cushioning and comfort. They can make physical activity more comfortable and safe for joints by cushioning and absorbing shock from the motions of stepping or jumping.

78. What are two pieces of protective equipment worn during a football game?
Helmet, Shoulder Pads, Face masks, Chin Straps, Mouth pieces, Hip/Knee/Thigh Pads

79. Name the categories of the food pyramid.
Grains, Vegetables, Fruits, Milk, Meat & Beans, Oils

Grains – Make half your grains whole.

Vegetables – Vary your veggies.

Fruits – Focus on fruits, eat a variety.

Milk – Eat calcium rich foods.

Meat & Beans – Go lean on protein, choose low fat varieties.

Oils – Know your fats, limit solid fats.

80. What is the largest group of foods in the food pyramid?
Grains

You should get 3 to 6 ounces of foods from the grains group each day depending on your age, gender and physical activity. Half of your grains should be from whole grains such as oatmeal, whole wheat flour, or brown rice.

81. On the food pyramid, what group of foods should be consumed only once in a while?

Oils – specifically solid fats that contain saturated fats found in butter and trans fatty acids found in shortening

It is important to have some fat in the diet, but intake of oils should be limited to 3-7 teaspoons depending on your age, gender and physical activity level. Oils can come from fish, nuts, cooking oils and salad dressings.

82. Eggs are included under which food group in the food pyramid?

Meat & Beans

Eggs are a good source of protein. Egg yolks do contain a high amount of cholesterol. Limiting the amount of dietary cholesterol may help with the control of blood cholesterol levels. Egg whites are cholesterol-free. It is important to note that research has shown saturated fat and trans fatty acid consumption increases blood cholesterol more than eating cholesterol itself.

83. True or False: The heart becomes stronger and larger with exercise.

True

These changes allow the heart to pump more oxygenated blood throughout the body. Delivering this oxygen to muscle can help the body become better, or more efficient, at producing energy to fuel physical activity.

84. Is a human's heart a muscle?

Yes

The heart is a muscle that works to pump blood throughout the body. This makes it important to keep the heart in good physical condition so that it can serve this important role in the body. We can condition the heart and improve its health through cardiovascular exercise such as walking, jogging, swimming, biking or dancing.

85. What is the name of the large muscle on the backside of your lower leg that is involved in jumping?

Calf

Calf muscles are the muscles located at the back of the lower leg. Calves are used in almost all movements of the leg such as walking, running and jumping. Try the following exercise to strengthen your calves:

- Position yourself on a step so you are on the balls of your feet with heels hanging off the back edge.
- Place hands on wall or sturdy object to keep your balance.
- Slowly lift up on your toes.
- Slowly lower back down to starting position.

- Repeat exercise 8 to 12 times.

86. A middle-school-aged person should exercise for 20 minutes (fill in blank) times a week.
60 minutes everyday, recommendations have changed

This recommendation has changed slightly. Children need 60 minutes of physical activity each day.

87. Name the organ that is responsible for pumping blood throughout the body.
Heart

The heart is a muscle that pushes blood throughout your body. The heart will contract, or squeeze, and push blood out so it can be used by the rest of the body. The heart will then relax, and fill back up with blood. The heart is the strongest muscle in your body, and it pumps blood through your body every day of your life. This squeezing, and relaxing is the heart “beat.” The average heart beats 100,000 times a day!

88. Name 3 weight lifting exercises.
Squat, Bench Press, Dumbbell Flys, Calf Raises, Bicep Curl, Triceps Kickback, Shoulder Press, Leg Extension, Leg Curl, Lunges, Lat Pull Down, Side Lateral Raises, Hammer Curl, Back Extension

89. What does lifting weight increase?
Muscle strength, Muscle mass

As we age, our muscle mass decreases. This can lead to loss of balance and the ability to do everyday activities. By working to maintain and build muscle we improve our ability to stay active and independent.

Muscle strength goes along with muscle mass. When we are stronger we are more able to do a variety of activities. Strong muscles can help us in everyday activities such as lifting, or moving objects. These objects include children and pets.

90. Will you get a better aerobic workout jogging or playing tennis?
Jogging

Aerobic activity means that the presence of oxygen is needed to provide energy for the activity. Aerobic exercises can be sustained for longer periods of time. Due to the length and level of intensity of the activity, they most often benefit your cardiovascular system. Tennis would be less aerobic because it includes short bursts of running or moving that are not sustained for an extended period of time

91. Is it important to set realistic goals for exercising to improve fitness level?
Yes

Setting realistic, achievable goals improves your ability to stick with a physical activity routine. When you set unrealistic goals it can be discouraging and make you want to give up. The goals you set for your fitness should be **SMART** goals

Specific
Measurable
Achievable
Relevant
Timely

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?**

6 groups

Grains, Vegetables, Fruits, Milk, Meat & Beans, Oils

96. **True or False: Exercise decreases the amount of blood pumped per beat by the heart.**

False

Exercise increases both the rate at which the heart beats and the volume of blood being pumped, or stroke volume.

97. **True or False: Hair is made of dead skin cells.**

True

A dead protein called keratin makes up the hair shaft. Keratin also makes up skin and nails.

98. **True or False: Sleep restores energy to the brain and nervous system.**

True

It is true to say that sleep helps you feel refreshed and alert, and adequate sleep is necessary for normal motor control and cognitive function. However, it would not be accurate to say that the brain rests during sleep. Some parts of the brain actually increase in activity during sleep. The mysteries of sleeping processes and functions have not been solved, but it is clear that sleep is needed for the body to function properly. Lack of sleep can lead to fatigue, difficulty concentrating, irritability, and low energy.

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