

MODULE 1: THE KEY TO BURNING MORE CALORIES – QUIZ

1. What is the key to continually burning calories
–all day long?
 - a. Constant movement
 - b. Making more time to work out
 - c. Cutting fats out of your diet
 - d. All of the above

2. Fidgeting helps you burn calories and lose weight.
 - a. True
 - b. False

3. Which of the following statements are true?
 - a. A fitness tracker is useless if you just want to burn more calories.
 - b. A fitness tracker could make you more likely to make significant lifestyle changes that strengthen your health.
 - c. What gets measured is more likely to be managed.
 - d. B & C

4. Fill in the blank: Dancing is a powerful way to _____.
 - a. Exercise
 - b. Tone your body
 - c. Burn calories
 - d. Lose weight
 - e. All of the above

5. What is “Active TV?”
 - a. A new TV system where you can input answers into your TV
 - b. The process of adding movement to watching TV
 - c. Syncing Alexa with your TV
 - d. Watching an Action movie on TV
6. Watching TV can help you burn calories.
 - a. True
 - b. False
7. Which yard work strategies burn more calories?
 - a. Using a push mower instead of a high-tech mower
 - b. Using a high-tech mower instead of a push mower
 - c. Using a rake instead of a leaf blower
 - d. A & C

8. What is mallercise?
- a. Power walking around the mall
 - b. Quickly purchasing what you came for
 - c. Carrying your own bags
 - d. There's no such thing as mallercise
9. With reference to this course, what does "parking with calories on your mind" mean?
- a. Sitting in your car wondering what you're going to eat for dinner
 - b. Sitting in your car lamenting that you just ate too much
 - c. Parking further away from the front door so you have a longer walk
 - d. Parking closer to the gym
10. You should sit still as often as possible. In most cases, this statement is:
- a. True
 - b. False

ANSWER KEY

1. a
2. a
3. d
4. e
5. b
6. a
7. d
8. a
9. c
10. b