

MODULE 2:

WORKING OFF CALORIES AT WORK - EVEN IF YOU HAVE A DESK JOB – QUIZ

1. Which strategies can help you burn more calories in your commute?
 - a. Driving slower
 - b. Walking or biking to work
 - c. Singing in the car
 - d. B & C

2. If you ride a bike to work, experts recommend that you don't try to bike longer than _____.
 - a. 30 or 40 minutes
 - b. 5 minutes
 - c. 2 hours
 - d. 100 minutes

3. Which strategy helps you burn more calories?
 - a. Taking the elevator
 - b. Avoiding the stairs
 - c. Taking the stairs
 - d. Taking the escalator

4. What strategy works best if your building is so tall that it would be impossible to take the stairs?
 - a. Just take the elevator
 - b. Take the elevator to one or two floors before yours and then take the stairs the rest of the way
 - c. Tackle the stairs a floor or two at a time and rest well before continuing on another floor or two. In this strategy, you need to schedule enough time to make it all the way up.
 - d. Take the elevator, but fidget on your ride

5. What type of desk is best for burning calories?
- a. A standing desk
 - b. No desk at all
 - c. A mahogany desk
 - d. A card table
6. What is the 20/8/2 rule?
- a. This rule refers to how long you should stand, sit, and move around each half hour.
 - b. This rule refers to how many days in a row you should skip sitting at your desk.
 - c. This rule lets you know when it's time for your lunch break.
 - d. This rule determines when you should quit for the day.

7. If you have a desk job, you should just forget about constant movement and plan to exercise later.
 - a. True
 - b. False
8. What should you do during phone calls?
 - a. Stand up
 - b. Ignore the phone and let someone else get it
 - c. Use the call as an opportunity to take a break, and sit as still as possible
 - d. Jog in place for the entire call
9. What's a good way to burn calories at meetings?
 - a. Workout during the meeting
 - b. Have a walking meeting
 - c. Sing
 - d. Check your phone over and over during the meeting

10. Walking to a nearby restaurant is an effective calorie-burning option.
- a. True
 - b. False

ANSWER KEY

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