

MODULE 3:

THE EXERCISE SOLUTION

- MAKE EXERCISE FUN

EASIER AND MORE

EFFECTIVE - QUIZ

1. Which color has the most power to increase your motivation for exercise?
 - a. Red
 - b. Blue
 - c. Green
 - d. Yellow

2. What kind of music should you listen to during exercise?
 - a. Any kind of music is good if it makes you feel like dancing.
 - b. Classical music
 - c. Any music that has a fast beat
 - d. Country

3. Setting a specific goal for your workouts can increase your motivation.
 - a. True
 - b. False
4. Fun physical activities, like skating or sports, don't count as exercise.
 - a. True
 - b. False
5. Why is it good to eat chocolate before exercise?
 - a. Because it tastes good and can put you in a better mood for working out
 - b. Because it makes for a light meal
 - c. Because it can strengthen your endurance
 - d. All of the above

6. What kind of clothes do fitness experts recommend for working out?
 - a. Baggy clothes
 - b. Fitted clothes
 - c. Black clothes
 - d. Brightly colored clothes

7. Which strategies can help you burn more calories in a shorter time?
 - a. Switching to higher intensity activities
 - b. Training in intervals
 - c. Standing up during breaks
 - d. All of the above

8. An exercise buddy can help you burn more calories.
 - a. True
 - b. False

9. What should you eat before exercising?
- a. Chips
 - b. A small meal high in protein and carbs
 - c. A heavy meal with proteins, carbs, and healthy fats
 - d. A large serving of lean meat
10. How long should you wait after a workout before eating?
- a. 3 hours
 - b. 1 minute
 - c. It doesn't matter. Whenever you get hungry is good.
 - d. No more than 2 hours

ANSWER KEY

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