

Move It! – Research Updates from the Activity Side of the Energy Balance Equation plus Strategies that Get Your Clients Off the Couch

Quiz Questions

- 1) Which of the following statements is correct?
 - a. At least 30 minutes of physical activity per day are required to receive health benefits
 - b. Exercising at 75% of maximal capacity is required to improve fitness
 - c. Fitness and health can be improved with as little as 10 minutes of moderate-intensity physical activity per day
 - d. None of the above

- 2) Cognitive/behavioral physical activity interventions are effective in increasing activity in which group?
 - a. White women
 - b. Cancer survivors
 - c. African-American women
 - d. All of the above

- 3) "Self determination" is a characteristic of which of the following models?
 - a. Relapse-Prevention Model
 - b. Self-Care Model
 - c. Self-Improvement Model
 - d. None of the above

- 4) Which of the following tools are recommended for physical activity intervention programs?
 - a. Self monitoring
 - b. Goal setting
 - c. Problem solving
 - d. All of the above

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- 5) According to one randomized controlled trial, physical activity improves which of the following quality-of-life measure in older, overweight women who are sedentary?
- a. Mental health factors such as stress, anxiety and depression
 - b. Perceived energy levels
 - c. Ability to perform physical tasks such as climbing stairs and carrying groceries
 - d. All of the above
- 6) Activities such as walking the dog or using the stairs instead of the elevator do not count as physical activity.
- a. True
 - b. False
- 7) Overweight people may realize health benefits from losing as little as 3%-5% of their body weight.
- a. True
 - b. False
- 8) Which of the following statements is correct?
- a. Physical activity does not provide health benefits for people with diabetes
 - b. Improvements in fitness are not associated with reduced risk of mortality
 - c. Men, but not women, benefit from regular physical activity
 - d. None of the above

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- 9) Which of the following statements about physical activity and weight is accurate?
- a. Regular physical activity without significant weight loss does not benefit health
 - b. Normal-weight individuals don't have to be concerned about their physical activity level
 - c. Individuals who have maintained a substantial weight loss are typically physically active for 45-60 minutes or more per day
 - d. All of the above
- 10) Motivational interviewing is a counseling technique that elicits motivation to change from the client.
- a. True
 - b. False