What's Your Activity I.Q.?

See how much you know about participating in physical activity for a healthy heart. Circle the letter next to each correct answer.

1. Which of the following is an aerobic activity?
   a. bicycling
   b. fishing
   c. racing your sister to the telephone

2. How much total time in a day do you need to participate in an aerobic activity to keep your heart healthy?
   a. at least 5 minutes
   b. at least 30 minutes
   c. at least 2 hours

3. How many times each week should you do an aerobic activity to have a healthy heart?
   a. at least 7
   b. at least 1
   c. at least 4

4. Before you do a physical activity, you should
   a. take your pulse.
   b. warm up.
   c. blow your nose.

5. Physical activity does which of the following?
   a. improves your breathing
   b. makes the blood rush to your head
   c. makes your hair grow faster

6. A good activity for strengthening your leg muscles is
   a. push-ups.
   b. curl-ups.
   c. climbing.

7. Which is the best reason for choosing a physical activity?
   a. All your friends do it.
   b. You enjoy doing it.
   c. You might become a professional and make a lot of money doing it.

8. Which of these household chores is also an aerobic activity?
   a. cleaning your room
   b. washing the dishes
   c. mowing the lawn