

# Circle of Hope Project    Physical Activity & Health Questions

Healthy Body, Healthy Mind, Healthy World  
Socrates—Comenius

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DB Ingleton Middle School, England

**While viewing the presentation “Physical Activity & Health”, complete the following:**

- 1     Smoking and poor diet cause chronic diseases. Physical inactivity is...  
          a more serious    b as serious        c less serious     d irrelevant.
- 2     What percentage of adults are at risk from chronic diseases due to inactivity?  
          a 100%            b 75%            c 50%            d 25%
- 3     By how much have walking and cycling declined over the last 25 years?  
          a 25%            b 35%            c 45%            d 50%
- 4     What fraction of boys are at risk from inactivity?  
          a 1/10            b 1/5            c 1/4            d 1/3
- 5     In adults, how are physical activity and cardiorespiratory fitness related to health?  
          a strongly        b slightly        c possibly        d not at all
- 6     For many minutes a day should young people be at least moderately active?  
          a 20            b 40            c 60            d 80
- 7     For what age range is there evidence for health benefits through physical activity?  
          a 1–30 years    b 31–60 years    c 61–90 years    d all ages
- 8     What is the estimated national cost of obesity in the UK?  
          a £2.5 billion    b £4.5 billion    c £6.5 billion    d £8.5 billion
- 9     What is the reduction in the risk of premature death for physically active adults?  
          a 10–20%        b 20–30%        c 30–40%        d 40–50%
- 10    At least how many minutes of moderate exercise should young people take a day?  
          a 30            b 40            c 50            d 60
- 11    At least how many moderate 30 minute exercise sessions should adults take a week?  
          a 3            b 4            c 5            d 6