

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