



Healthy Heart WorkItOut Quiz

1. What steps can you take to reduce your risk of heart attack?
 - a. reduce emotional stress
 - b. reduce high blood pressure
 - c. incorporate a daily exercise routine
 - d. all above

2. Which of these activities could be considered to work up a heart-healthy sweat?
 - a. baking a cake
 - b. walking
 - c. dancing
 - d. mowing lawn with push mower
 - e. gardening
 - f. getting a sun tan
 - g. raking leaves

3. Families are more physically fit today than they were in 1995
 - o True
 - o False

4. What is the most common excuse for not engaging in physical activity?



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5. Besides building muscle and tone, how else is exercise beneficial?
 - a. decrease high blood pressure
 - b. increase energy level
 - c. better sleeping patterns
 - d. weight maintenance
 - e. increase circulation and oxygen levels
 - f. all of the above

6. A heart-healthy schedule should involve at least _____ minutes of daily physical activity
 - a. 10
 - b. 30
 - c. 15
 - d. 20

7. Should you see a physician before starting a moderate to vigorous exercise program?
 - a. Yes
 - b. No

8. What form of physical activity has the lowest dropout rate?



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9. What is the best average blood pressure measurement?

- a. 140/90 mm Hg
- b. 120/88 mm Hg
- c. 115/75 mm Hg
- d. 130/80 mm Hg

10. You are at low risk for heart disease, if your cholesterol levels are

- a. don't know
- b. greater than 240mg/dL
- c. less than 200mg/dL
- d. between 200mg/dL and 239mg/dL

11. You are at low risk for diabetes if your fasting blood sugar is less than 100mg/dL

- a. Yes
- b. No

12. If you are a woman your waist circumference should be less than ___ inches?

- a. 25 inches
- b. 30 inches
- c. 35 inches
- d. 27 inches

13. A goal for a healthy BMI-body mass index is less than $25\text{kg}/\text{m}^2$

- a. Yes
- b. No



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Answer Key

1. **d.** heart disease is the number 1 killer in the U.S.
2. **all** except a and f
3. **False.** Families are less physically fit than they were even a generation ago. Many are developing cardiovascular disease risk factors such as overweight, higher blood pressure, higher blood cholesterol and cigarette smoking. Children spend an average of 17 hours a week watching TV in addition to the time they spend on video and computer games – all sedentary activities!
4. **Not enough time.** But all it takes is 30 minutes a day and not necessarily all at once! Your workout should place the same importance on your health as going to work.
5. **F.** To build endurance, do aerobic physical activities such as brisk walking, running, bicycling or swimming. To build strength, try weight lifting. To improve flexibility, do stretching and movements that put each part of the body through its full range of motion.
6. **B.** At least 30 minutes of moderate aerobic activity X 5 days a week to help improve heart health
7. **YES.** See a doctor first for a medical evaluation
8. **Walking.** It's inexpensive, easy and convenient. You can walk throughout your lifetime. You can walk year-round and in most weather, indoors or outdoors. You don't need special clothing or equipment. Walking is low impact so risks of injury to bones and joints are minimal.



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Answer Key

9. **115/75mmHg.** Although the common average is said to be 12/80 some doctors are advising to lower it. High blood pressure makes the heart work harder. It is one of the highest risk to heart disease
10. **Less than 200mg/dL.** High cholesterol is a soft waxy substance found in the blood and the body's cells. This may lead to heart disease or stroke.
11. **a. Yes.** Insulin's role is to take sugar from the blood into the cells. When your body does not produce enough insulin and/or does not efficiently use the insulin it produces, sugar levels rise and build up in the bloodstream.
12. **c. 35 inches.** Too much body fat can lead to higher risk for heart disease.
13. **a. Yes.** Too much body fat can lead to higher risk for heart disease.

For more information on heart disease and prevention visit:

www.heart.org or Host a Heart Health Workshop!

Call your 3Hearts Specialist- Sharon Reid