

Answer Key – Quiz 3 – Exercise

1) 30% to 40% of the body is: (10pts)

-Muscle Tissue

2) Our body is designed to: (10pts)

-Move and be challenged

3) Primary Source of Energy for muscles: (10pts)

-Fats and Sugars

4) Active fibers of muscles are made of: (10pts)

-Amino acids put together into proteins

5) How do you build muscle? (10pts)

-Strength Challenge muscles to exhaustion, Sleep well

6) Having large muscle mass: (10pts)

-Increases strength, burns fat, moves vital fluids, reduces fatigue

7) How do you quickly lose muscle mass? (thought questions, no points)

-Do nothing



8) Name 3 benefits of exercise to the cardiovascular system: (6pts)

-Increases oxygenation, circulation of vital fluids and lymph, nutrient absorption, heart strength, blood flow; reduces fats, oxidation, blood sugar, toxins, chances for heart disease or attack.

9) Name 3 benefits of exercise to the Nervous System: (6pts)

-Better chemical balance, brain fluid circulation, coordination, mental clarity, moods, sleep, nerve conduction, energy, nutrients; less toxins and protein build-up (that cause dementia), headaches, bad moods, fogginess.

10) List 5 major benefits of exercise to good health and reduction of health problems. Using the internet, find references from credible sources (example Google 'heart disease exercise'): (18pts)

Google: Exercise and heart disease, Exercise and sleep deficiencies, Exercise and cancer, exercise and dementia (or Alzheimer's), Exercise and mental acuity, Exercise and depression (or suicide), exercise and nutrient absorption, exercise and lymphatic system clearance, and so on and so on...