



Tip#12: Test Your Fitness Knowledge

Adapted from ACE Fitness

How much do you know? Maybe you'll learn something new or perhaps you'll confirm your fitness expertise... (Answers on last page)

1. I'm a beginner exerciser. How many cardio workouts should I aim for each week?

- a) Start with 2-3 days of moderate-intensity exercise, such as brisk walking, and progressively increase to 5 days a week.
- b) Start with 4 days of intense activity, such as walking uphill and progressively increase to 5–6 days a week.
- c) Start by completing moderate-intensity exercise, such as brisk walking, everyday.

2. I'm just beginning to exercise. How long should my cardio workouts be?

- a) Start with 15-20 minutes and steadily progress as you gain fitness.
- b) Start with 30 minutes and then steadily progress as you gain fitness.
- c) Start with 40 minutes and then steadily progress as you gain fitness.

3. I'm just starting out with exercise. How many strength-training sessions should I aim for each week and what should I aim to accomplish initially?

- a) 3-4 days a week; performing 2-4 sets of 6–12 repetitions with exercises targeting all major muscle groups.
- b) 2 days a week; performing 1–2 sets of 10-15 repetitions with exercises that target all your major muscle groups.
- c) 3 days a week; performing 3–5 sets of 5–8 repetitions with exercises targeting all major muscle groups.

4. True or False? Three 10-minute bouts of cardio exercise provide the same health benefits as one 30-minute session.

- a) True. Studies show that these are almost equally effective to increase fitness and reduce body fat.
- b) False. While any exercise is good, the longer and more continuous the session, the more effective your workout.



This Week's Challenge

Buddy Up. Working out with a friend is a great way to stay on track. Meet each other on a regular basis, whether for a fitness class at lunch, a walk after work or a gym workout in the morning. Make sure your partner is someone you can count on to help you meet your goals.





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5. *To avoid weight loss and improvement plateaus, how often should I change up my exercise program?*
- Every week
 - Every 2-4 weeks
 - Every 8–10 weeks
6. *True or False? Spot reduction is an effective technique to target specific problem areas, such as belly fat.*
- True. If your goal is to slim your mid-section and have six-pack abs, you need to put extra focus on exercising that body part.
 - False. Trying to burn off fat by exercising specific body parts is based on a flawed notion.
7. *What is the best time for me to exercise?*
- Morning
 - Mid-Day
 - Evening
 - Whatever is most convenient for me.
8. *True or False? Avoiding food before I exercise is good, because it will help me burn more fat and calories.*
- True. Postponing eating until after exercise helps my body burn fats and accelerates my post-workout calorie burn.
 - False. Eating a light pre-workout meal allows for a better, more productive exercise session and avoids you from attacking your muscle tissue for energy.
9. *True or False? After a long run or hard endurance workout, sitting in the hot tub can aid my recovery process.*
- True. Heat helps reduce inflammation, which in turn speeds up recovery.
 - False. Heat can inflame sore muscles further and icing is best.
10. *Is it better to eat immediately after a hard, long exercise session or to wait?*
- Eat. Eating a combination of protein / carbohydrate foods within 15-30 minutes post-exercise to restore depleted fuels in your muscle cells and help repair / build muscle tissue.
 - Wait. To restore muscle glycogen (depleted fuels), ingesting foods won't have any effect until one hour post-exercise..
11. *If I have a cold with no fever, is it okay to exercise?*
- Yes. If the symptoms are above the neck, moderate exercise, such as walking, is most likely safe.
 - No. It is best for everyone to avoid any type of exercise when they have a cold to allow the body to recover.
12. *If I sweat profusely during aerobic exercise, is that an indication that I'm out of shape?*
- Yes. Sweating more and sweating sooner can be a sign of a lack of conditioning as it indicates I am storing extra heat in my body.
 - No. Sweating does not indicate a lack of conditioning. Sweating is one mechanism the body uses to try remove heat from the body.

Answer Key:

- 1) a; 2) a; 3) b; 4) a; 5) b; 6) b; 7) d; 8) b; 9) b;
10) a; 11) a; 12) b

