

Healthy Habits for Life – Physical Activity

Check what you have learned about physical activity by looking at the display and handouts, then answering the following questions. If you have an infant, answer the infant questions too. Once you are finished, show your completed paper to the clerk.

1. Adults should have at least _____ hours and _____ minutes of **moderate** intensity activity each week.
 2. Physical activity reduces the risk of heart disease, type 2 diabetes, and some cancers.
 - a. True
 - b. False
 3. Play is a child's _____ .
 4. Name some ways that you and your family can increase your physical activity.
List them here: _____
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If you have an infant, answer these questions too.

5. Get your baby out of the crib, playpen or infant seat and let him _____ !
6. You are your baby's first and most important teacher. Your baby is counting on you to play with him!
 - a. True
 - b. False

Answer Key: 1. 2 hours and 30 minutes 2. True 3. "work" 4. list one or more activity ideas 5. move!
6. True