



Physical Activity Worksheet Answer Key

1. List 3 benefits of regular physical activity.
 - a. **Builds strong bones and muscles**
 - b. **Helps to achieve or maintain a healthy weight**
 - c. **Improves self-esteem and mood**
 - d. **Promotes bonding with family members and friends**
 - e. **Promotes life-long wellness and health**
 - f. **Prevents chronic disease**
2. It is recommended to get **60** minutes or more of daily physical activity.
3. True or **False**: The only way to get physical activity is to play a sport or go to the gym.
4. All are great options for a pre-activity snack **except**:
 - a. String cheese
 - b. Power-aid: Has 21 grams of sugar. Recommended for kids to get no more than 25 grams of added sugar daily
 - c. Peanut butter and banana
 - d. Hard-boiled egg
5. **True** or False: Sports nutrition should be an extension of an overall healthy diet.
6. During a game or high intensity exercise you should be drinking **1/2** cups of water every **15** minutes.
7. It is best to eat a meal **2-3** hours before a sporting event.
8. How can you incorporate more activity throughout your day?

Take the stairs instead of the elevator, ride your bike to school, help out with chores, do jumping jacks while watching TV, take your dog for a walk, shoot some hoops, be more mindful of moving during the day.