Multiple Choice Fitness Quiz

Test your fitness knowledge!

1. What is a "body weight" exercise?
   a. One that you need weights for
   b. One that requires expensive equipment
   c. One that requires no extra weights or cost

2. What's the difference between aerobic and resistance exercise?
   a. There's no difference - just another name for the same thing
   b. Resistance involves weights and aerobics don't
   c. Aerobics uses weights and resistance doesn't

3. What is endurance?
   a. The ability to exercise for longer periods of time
   b. The ability to run faster
   c. A combination of strength and power

4. How do muscles get stronger?
   a. From lifting weights
   b. From running
   c. From stretching

5. Which of the following would give the best overall workout?
   a. Running
   b. Biking
   c. Swimming

6. Why is it important to stretch?
   a. To make you stronger
   b. To make you more flexible
   c. To give you more endurance

7. How often should you be active?
   a. Every day
   b. Every other day
   c. Twice per week

8. What is the best form of exercise for children under 13?
   a. Athletics
   b. Weight lifting
   c. Marathon training

9. Why is it dangerous for young kids to lift weights?
   a. It's not
   b. They'll get too strong too fast
   c. Muscles and joints aren't ready yet
10. Which sport burns the most calories per hour?
   a. Golf
   b. Soccer
   c. Baseball

11. Why is sleep important?
   a. It helps you recover and have energy for the day
   b. It's necessary for life and needs to be taken seriously
   c. All of the above

12. Why does muscle weigh more than fat?
   a. It has a higher degree of density just as lead is to aluminum
   b. It's thicker and heavier
   c. It takes up more space

13. Who is most responsible for making healthy choices?
   a. You
   b. Your parents
   c. Your friends

14. Which of the following three sports is best for getting stronger?
   a. Basketball
   b. Softball
   c. Gymnastics

15. When is the best time to exercise?
   a. Mornings
   b. Afternoons
   c. Whenever you can

16. What is power?
   a. Strength
   b. Speed
   c. A combination of strength and speed

17. How many minutes per day should you exercise?
   a. 10 minutes
   b. 30 + minutes
   c. At least 1 hour
Multiple Choice Fitness Quiz Answers

1. c. One that requires no extra weights or cost
2. b. Resistance involves weights and aerobics don't
3. a. The ability to exercise for longer periods of time
4. a. From lifting weights
5. c. Swimming
6. b. To make you more flexible
7. a. Every day
8. a. Athletics
9. c. Muscles and joints aren't ready yet
10. b. Soccer
11. c. All of the above
12. a. It has a higher degree of density just as lead is to aluminum
13. a. You
14. c. Gymnastics
15. c. Whenever you can
16. c. A combination of strength and speed
17. b. 30 + minutes