**QUIZ Answers**

It’s more beneficial to walk in the early morning.

T – but only if the morning suits you. Studies show greater long-term consistency for earlybird walkers.

Never exercise right after eating!

F – Moving right after eating helps avoid post-meal sluggishness and any temptations with more food/dessert.

Treadmill walking is superior to outdoor walking.

F – More benefit walking in fresh air with the uneven ground.

Running is far better activity than walking.

F – Running may condition you faster, but walking will keep you fitter longer. The human body is the perfect walking machine.

It’s more beneficial to walk longer than faster.

T – for weight/fat loss. The more distance you cover, the more calories expended. From a cardiovascular standpoint, faster walks produce a better cardiovascular conditioning effect.

One 30-minute walk is always more beneficial than three individual 10-minute walks.

F – doing three 10minute walks is just as beneficial.

Walking with hand or ankle weights is highly beneficial.

F – to improve your metabolism, simply walk faster or use walking poles. There is great potential for injury walking with weights. A resistance vest is better.

A 3-days-per-week walking program is sufficient.

T – for cardiovascular condition. For weight loss – walk 6-7 days/week.

A 10,000 step per day pedometer program should be your activity goal.

F – most important thing is to gradually increase your steps/distance. Base your step goals around what you currently do on a regular basis. This level may change at different stages in your life.

A bent arm position, when walking, helps you walk farther.

T – be a swinger! Bend your elbow and pump your arms as you walk.