**Fitness Jeopardy Questions**

ROUND 1

1. This is one benefit of flexibility.

* Reduces injuries, helps with balance, reduced lower back pain, increase blood flow, improved physical performance

1. This form of exercise requires muscular endurance – cardiovascular exercise.
2. Effectively changing direction of body position - agility
3. Adults aged 18-64 should be active for this many minutes in one week – at least 150 minutes
4. This is an example of a moderate-intensity physical activity – brisk walking, bike
5. Being active for at least 150 minutes per week can reduce the risk of these things – premature death, heart disease, stroke, high blood pressure, type 2 diabetes, osteoporosis, obesity/overweight
6. Kg/height in cm squared - BMI
7. This is one exercise to improve your cardiovascular endurance – running, swimming
8. When this chemical is released, it triggers a positive feeling as you exercise – dopamine, oxytocin, serotonin, endorphins
9. This is one of the top 5 strongest muscles in your body – the heart, masseter, soleus, gluteus maximus, uterus (Can also accept the tongue)

ROUND 2

1. This is the number of muscles we have in our body. – at least 650 (some muscles have multiple heads. Estimations can go up to 850)
2. This muscle is only attached at one end – tongue
3. This is the normal range for blood pressure. 90-120/60-80
4. This is how many calories you need to burn to lose 1 pound of fat. – 3500
5. These are the three types of skeletal muscle fibers – type I, type II-A, type II-B
6. For the first 15 minutes of exercise, your body burns mainly this type of nutrients – carbs
7. These are 2 brain benefits of exercise – improves memory, improves attention span, boost decision making skills, improves multi-tasking and planning
8. These are two roles fat plays in our health. – insulation, source of energy, protects and cushions vital organs
9. An active lifestyle can reduce this disease, which is caused by a loss of bone density – osteoporosis
10. This acronym is used for goal setting. - SMART