



POST-TEST

Multiple Choices. Choose your answer.

1. Which recreational activity should you do for at least 30 to 45 minutes or 3 - 5 times a week?

- a. Basketball
- b. Running errands
- c. Mall strolling
- d. Watching TV

2. Which activity can you do for 30 to 40 minutes or longer in 2 - 3 times in a week?

- a. Walk the dog
- b. Playing video games
- c. Push up
- d. Biking

3. Which of the following activities should you do habitually or as often as possible every day?

- a. Sitting for more than 30 minutes
- b. Take the stairs
- c. Golf
- d. bowling

4. Which of the following activities should you do minimally or few times a month?

- a. Playing video games
- b. Tennis
- c. Badminton
- d. Cleaning the house

5. Measure of body composition to identify if you are overweight, underweight or healthy.

- a. Sit and reach test
- b. Body mass index
- c. Curl-Up test
- d. Skin fold

