

Moving Free® *Ease-in* Self-Quiz

by Mirabai Holland, MFA ©2007
(answers at end)

1. What is the number one killer disease of women?
 - a. Osteoporosis
 - b. Breast Cancer
 - c. Heart Disease

2. What does osteopenia mean?
 - a. Low muscle mass
 - b. Low bone mass
 - c. Another word for osteoporosis
 - d. Strong bones

3. What is the normal % of body fat?
 - a. 15-20%
 - b. 22-30%
 - c. 25-35%
 - d. 30-35%

4. Which one of the following blood pressure readings is considered a risk factor for heart disease?
 - a. 110/70
 - b. 120/80
 - c. 130/80
 - d. 140/90

5. What helps to pick up metabolism?
 - a. Lean muscle mass
 - b. 1000 calorie a day diet
 - c. Sleeping 8 hours a night
 - d. Meditation

6. How much body fat does the average 65 year old woman have?
 - a. 30%
 - b. 37%

- c. 43%
- d. 50%

7. What is sarcopenia?
 - a. high muscle mass
 - b. low bone mass
 - c. high bone mass
 - d. low muscle mass

8. What is interval training best for:
 - a. Picking up the metabolic rate
 - b. Adding variety to your routine
 - c. Making it easy to get a drink of water
 - d. Both a & b

9. An optimal program for older women would include activities to improve:
 - a. strength, flexibility and coordination
 - b. eyesight
 - c. digestion
 - d. jogging

10. What body shape is the one that puts you at less risk for both heart disease and breast cancer?
 - a. apple
 - b. pear
 - c. tangerine
 - d. pineapple

11. To be at less risk for heart disease your total cholesterol should be:
 - a. Above 200
 - b. Below 200
 - c. Between 200-220
 - d. Between 220-225

12. Which is the “good” cholesterol
 - a. HDL
 - b. LDL
 - c. NDL
 - d. Margarine

13. How much exercise should you do?

- a. At least 3-4 times a week, 30 minutes at 60-90% max heart rate.
- b. At least twice a week, 60 minutes at 70-90% max heart rate
- c. At least once a week, 60 minutes at 80-85% max heart rate
- d. At least twice a week, 30 minutes at 70-90% max heart rate

14. What is the equation of finding your target heart rate?

- a. $220 - \text{age} \times \%$
- b. $200 - \text{age} \times \%$
- c. $220 \times \text{age} - \%$
- d. $200 \times \text{age} - \%$

15. What does aerobic exercise do?

- a. Helps to stimulate metabolism and reduce LDL
- b. Helps to develop stronger abdominals and back muscles
- c. Helps to build a stronger heart muscle
- d. a & c

16. What are the risk factors for heart disease that you can control:

- a. Family history, age, menopause
- b. Inactivity, excessive alcohol, and high blood pressure
- c. Smoking, high cholesterol and triglycerides
- d. b & c

17. How often should you weight train?

- a. Every day
- b. 3 days in a row, 2 days rest
- c. 2-3 times a week, alternating days
- d. None of the above.

18. How often should you perform a Breast Self-Examination?

- a. every other week
- b. Once a month (if still menstruating best time a week after the start of your period)
- c. Once every week
- d. None of the above.

19. When should you start getting annual mammograms?

- a. After age 40
- b. After age 45
- c. After age 50
- d. After age 55

20. What are the best types of exercise if you have had breast cancer?

- a. Light strengthening and stretching exercises.
- b. Walking and swimming.
- c. High intensity strength training
- d. a & b

21. 28 million Americans at risk for Osteoporosis; what % are women?

- a. 60%
- b. 70%
- c. 80%
- d. 90%

22. By the time women are 70 they can lose up to

- a. 15% bone mass
- b. 20% bone mass
- c. 30 % bone mass
- d. 45% bone mass

23. As a woman goes through menopause what is the main factor that causes bone loss?

- a. loss of estrogen
- b. fatigue
- c. hot flashes
- d. lightheadedness

24. What are the 3 areas at most risk for osteoporotic fracture?

- a. Spine, neck, foot
- b. Spine, hip, wrist
- c. Hip, shoulder, foot
- d. None of the above.

25.If your bone density test says that you have more than 2.5 SD at any site this indicates:

- a. You have a 25%-35% standard deviation from normal indicating osteoporosis.
- b. You have loss bone loss but not yet osteoporosis.
- c. You are at the normal % .
- d. None of the above.

26.What type of exercise is not particularly effective for loading your bones

- a. Weight training
- b. Walking
- c. Swimming
- d. Jogging

Moving Free® *Ease-in* Self-Quiz - Answer Key

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1. c
2. b
3. b
4. d
5. a
6. c
7. d
8. d
9. a
10. a
11. b
12. a
13. a
14. a
15. d
16. d
17. c
18. b
19. a
20. d
21. c
22. c

23. a

24. c

25. a

26.c