

# Exercise is for EVERYBODY!!

## QUIZ

1. Physical activity is any body movement that uses energy. True or False
2. You cannot participate in physical activity or exercise if you have a physical disability. True or False
3. The recommended amount of time for exercise or physical activity is at least 30minutes each day.  
True or False
4. Some things to do before working out include:
  - a) talking to our doctor
  - b) stretch and warm up
  - c) eat a healthy snack
  - d) drink fluids
  - e) all of the above
5. You should stop doing an activity if you feel weak, or not well. True or False

