

trivia questions

SS Who is the author of the poem "phenomenal woman"?

N Name three benefits of healthy eating.

PA Name three types of strength training exercise.

trivia questions

SS What does S.M.A.R.T. stand for when discussing goal setting?

N Name 3 quick and healthy breakfast ideas that you could prepare in less than 5 minutes.

PA Name the "feel good" hormone that is released during aerobic exercise.

trivia questions

SS Define "body image".

N True or false: Skipping breakfast is a good idea if you are trying to lose weight.

PA The goal of aerobic exercise is to strengthen what muscle?

trivia questions

SS What makes your team phenomenal?

N Name 3 healthy snacks you can make at home.

PA Name 3 benefits to being physically active.

trivia questions

SS Name 2 factors that contribute to a negative body image.

N It is recommended that teenage girls eat a total of _____ servings of fruits and vegetables per day.

PA What is the difference between muscle strength and muscle endurance?

trivia questions

SS Define "self-image".

N Which of the following would NOT be considered a good way to make eating out healthier: A) Splitting a meal with a friend B) Asking for extra ice in your pop C) Asking for hummus instead of mayo on your sandwich D) Ordering a side of steamed veggies instead of an egg roll.

PA Name three ways you can workout for free or low cost.

answers

SS Teasing, failures, criticism, being around others who diet or who are critical of body shapes and sizes, etc.

N 5-9 servings per day. A serving is a medium size piece of fruit and an average serving of vegetables is 1/2 cup.

PA Strength is the amount of force the muscle can produce, endurance is the ability of a muscle to work over a period of time.

answers

SS Self-image is a representation of how a person views herself. It includes factors such as self-esteem, body image, and how the roles they fill (friend, sister, etc.) and their accomplishments (team player, academic success) contribute to their identity.

N B: A healthier beverage choice would be ordering a diet soda, unsweetened ice tea, water, or low-fat milk.

PA Work out at home, borrow DVDs from the library, use school gym, get a job at a gym, exercise outdoors, join a park or school team.

answers

SS Body image is the mental and emotional representation of the body, including how the body looks, feels, smells, moves, etc.

N FALSE! People who skip breakfast are more likely to eat more the rest of the day.

PA Heart

answers

SS Accept any reasonable answer!

N Accept any reasonable answer: Homemade chips with salsa, popcorn (air popped or light microwave), fruit, low-fat yogurt, veggies and light ranch dip.

PA Accept any 3 of the following: Improved body image, sleep better, increase energy level, improve your mood, increase flexibility, reduce tension and stress, increase life expectancy, help control weight, improve concentration, reduce feelings of anxiety and depression.

answers

SS Maya Angelou

N Accept any reasonable answer such as: maintaining a healthy weight without dieting, having more energy, better moods, and feeling and looking good

PA Weight lifting, calisthenics, pilates, yoga, kettle bells, stability ball exercises, body weight exercises (like push-ups), and circuit training.

answers

SS Specific, Measurable, Action-Oriented, Realistic, and Time-based.

N Accept any reasonable ideas e.g. cereal with low-fat milk; English Muffin or toast with peanut butter, a glass of low-fat milk; fruit smoothie made with low-fat yogurt, breakfast bar, and fresh fruit; etc.

PA Endorphins

trivia questions

SS

Name 2 factors that contribute to a positive body image.

N

Name 3 ideas to increase your water intake.

PA

Have someone on your team demonstrate a strength training move for your legs.

trivia questions

SS

Which of the following is an example of a SMART goal:

- A. I will lose 20 lbs by summer.
- B. I will bring my lunch to school 3 times per week.
- C. Within 2 weeks, I will work out for 1 hour and eat 5 vegetables everyday.
- D. I will walk my dog for exercise.

N

Why is breakfast so important?

PA

What do the initials F.I.T.T. stand for?

trivia questions

SS

Which of the following is an unhealthy way to deal with stress: taking activity breaks, freaking out, getting enough sleep, listening to music.

N

True or false: Fresh, canned, frozen, or dried fruits and vegetables are all good options for increasing fruit and vegetable intake.

PA

Name 3 examples of an aerobic activity.

trivia questions

SS

True or False: Setting large, long-term goals helps most people succeed in behavior change.

N

True or false: Dieting is an effective way to lose weight and maintain a healthy weight.

PA

Name 3 activities you can do to get fit while watching TV.

trivia questions

SS

True or false: A good way to deal with stress is to talk with a friend while splitting a tube of cookie dough.

N

You are hungry and craving a salty snack, which is your healthiest option? A) Potato chips and dip B) An apple C) Light microwave popcorn D) nachos

PA

True or false: In order to be active, you just have get over the fact that exercise isn't fun.

trivia questions

SS

True or false: You should never reward yourself for achieving health goals-just being healthier should be enough of a reward.

N

You know it is important to stay hydrated, but why are pop and other sweetened drinks not the best options for drinking all day long?

PA

Rate the following activities based on their aerobic intensity, from lowest to highest: walking, in-line skating, and dance.

answers

SS FALSE! Talking with a friend is a great way to deal with stress, but eating a lot of cookie dough isn't going to reduce your stress.

N Answer: Tricky question!
C, Popcorn. An apple, while a healthy choice, will not satisfy a salt craving!

PA FALSE! You are more likely to stick with an active lifestyle if you enjoy what you are doing!

answers

SS False! Rewarding yourself for meeting goals is important for many people.

N Most are filled with lots of sugar, are high in calories and have little or no nutritional value.

PA From lowest to highest intensity: walking, dance, in-line skating.

answers

SS Freaking out is not the best way to deal with stress-it usually only creates more stress!

N True! Watch out for extra sugar added to canned, frozen, or dried fruits.

PA Accept any aerobic activities eg. Walk, run, tennis, swim, dance, bike, aerobics, skating, hockey.

answers

SS False! Most people succeed by breaking larger goals into smaller, more reasonable short-term goals.

N FALSE! Making healthy choices like watching portion sizes, eating regular meals, eating fruits and vegetables, choosing water over sugary drinks and being physically active have been shown to assist in weight loss and maintenance.

PA Accept any reasonable answers- Sit-ups, curl-ups, jump rope, exercise video, run in place, stretch, lift weights, dance to music, step-ups.

answers

SS Accept any 2 of the following: Compliments; achievements; good interpersonal interactions; support from persons who appreciate that people come in all shapes and sizes, etc.

N Carry a water bottle with you, putting sliced fruit to improve flavor, keeping a pitcher of cold water in the fridge, and using a sugar-free flavor packet.

PA Accept squats, lunges, calf raises, etc. Anything as long as they use their legs!

answers

SS B. This goal is realistic and time-based.

N It gives you the energy to start your day, to concentrate, and to perform your best at your day's activities; and it helps you keep your appetite in control – skipping breakfast can lead to excessive hunger and overeating later in the day.

PA Frequency, Intensity, Time & Type

trivia questions

SS True or False. Skipping meals can lead to feeling tired or over eating at your next meal.

N True or false: Healthy eating means rigid rules about what to eat, how much, at what times, and in what combinations.

PA Define flexibility.

trivia questions

SS What is the best way to respond to a compliment?

N True or false: Snacking is not a part of a healthy eating pattern.

PA What is the correct method to stretch called?

trivia questions

SS True or false: Stress is a negative thing and should always be avoided.

N What does the term "energy balance" mean when discussing eating and exercise?

PA Name 3 benefits of strength training.

trivia questions

SS True or false: The media wants you to feel good about yourself.

N Why is it unhealthy to eat foods with large amounts of ADDED sugar?

PA How can busy people fit physical activity into their lives?

trivia questions

SS True or false: If you don't have 30 minutes at a time to exercise, it's not worth doing.

N Makeover time! How can you increase the fruits and vegetables in this lunch? Turkey sandwich, chips, and fruit punch.

PA True or False. Exercising too much or too quickly can be as damaging to your body as exercising too little.

trivia questions

SS Define what beauty means to you.

N You typically don't eat fruit every day. You set a realistic goal of eating 2 more servings per day. Describe how you can meet this goal.

PA True or False. There are people who are fit and healthy in a wide range of body shapes, sizes and weights.

answers

SS FALSE! Any amount of time is better than none, and short bursts of exercise throughout the day have similar benefits to a longer workout.

N Accept any reasonable answer: Adding lettuce, tomatoes, cucumbers, peppers, or sprouts to your sandwich. Substituting or adding a side of baby carrots or other raw veggies, changing the fruit punch to 100% fruit juice or a piece of fruit (for extra fiber).

PA True. Doing too much too fast can lead to soreness or injury and discourage continued activity.

answers

SS Accept any reasonable positive answer.

N Accept any reasonable answers- e.g. I will add a glass of 100% juice to breakfast in the morning and bring a mid-morning snack of fresh fruit to school with me each day. I can have fruit for dessert or as an after school snack.

PA True-despite what the ads and magazines say!

answers

SS FALSE! Stress can be good sometimes as long as it is temporary and helps motivate you.

N Energy balance means balancing the calories from the food you eat each day with the energy needs of your body to regulate body weight. Increasing regular physical activity can help to balance energy intake with output.

PA Burn fat more efficiently, help reduce injuries, enhance muscle firmness, fitness and definition, train for a special event, be more in control of your body.

answers

SS False! The media wants you to feel inadequate so you purchase products and services.

N Foods with large amounts of ADDED sugar can compromise health by contributing large amounts of "empty calories" – calories that can lead to weight gain but are low in nutrients your body needs for health.

PA Try to fit short periods of PA into daily routine- take the stairs, walk the dog, park far from or walk to your destination.

answers

SS True. Skipping meals can lead you to feel tired (due to lack of energy in) or over eating because you are so hungry!

N False! Healthy eating means listening to your body and making healthy choices whenever possible.

PA How freely your body parts move through a range of motion without stiffness or resistance.

answers

SS Say "thank you" and leave it at that!

N False. Snacking can prevent overeating at meals and is a good way to increase the amount of fruits and vegetables you eat.

PA Static

trivia questions

- SS** Define "phenomenal" as used in the poem "Phenomenal Woman".
- N** True or false: Fast food can never be part of a healthy lifestyle.
- PA** Name 2 ways you can be active while you watch TV or movies.

trivia questions

- SS** Name 2 ways you can reduce media's negative impact on your life?
- N** Name 3 healthy choices you can get at the corner store.
- PA** True or false: Most girls do not benefit from strength training—they should just do cardio.

trivia questions

- SS** Name 3 goals of New Moves?
- N** True or false: If you ask for a healthy substitution to your meal, most restaurants won't be willing to do it.
- PA** True or false: while exercising, your average intensity should make it really hard to talk.

trivia questions

- SS** Name 2 examples of what you can do on a stressful day to feel better.
- N** Name two reasons why fresh fruits and vegetables make perfect snacks.
- PA** What is the importance of warming up before exercising?

trivia questions

- SS** Name 2 factors that contribute to a positive self-image.
- N** True or false: This is an example of a balanced lunch: lentil stew over brown rice, dried apricots, and low-fat milk.
- PA** Demonstrate a strength training exercise for your upper body that can be done at home without any equipment.

trivia questions

- SS** True or False. Stress CAN cause headaches, backaches, and overeating.
- N** Name a healthy snack you can buy for a \$1 or less.
- PA** How does strength training work in order to make you stronger?

answers

- SS** Accept any 2 of the following: Support, encouragement and respect from others, positive body image, successes and accomplishments, etc.
- N** True! Lentil stew contains vegetables and protein, brown rice is a grain, apricots are a fruit, and milk is a dairy product.
- PA** Accept :push -up, plank, dips, etc.

answers

- SS** True. Stress can result in many problems such as headaches, backaches, and overeating.
- N** Accept any reasonable answer: a piece of fruit, snack pack of veggies, 100% fruit juice, low-fat yogurt and nutri-grain bar.
- PA** Your body builds strength by repairing tiny tears in the muscle created by resistance.

answers

- SS** Active for 1 hour a day, eat 5-9 F&V, drink water, daily breakfast, portion size, positive traits, less screen time, avoid diets and meal skipping.
- N** False! Most restaurants will accommodate your special requests because they want your business.
- PA** False! You should be able to talk with some breathiness, but not be totally out of breath.

answers

- SS** Accept reasonable answers such as exercise, focus inward, get plenty of sleep, eat regular meals, be around positive people, stretch, do something fun.
- N** Accept any reasonable answers - e.g. many come in their own ready-to-go "wrappers" (banana, apple, orange, etc.), they keep well without refrigeration, they taste good, they're naturally high in fiber and low in fat - so they promote weight management.
- PA** Warming up allows your muscles to loosen and gets your blood flowing. It also helps prevent injury.

answers

- SS** Phenomenal is extraordinary, outstanding, and remarkable. As used in the poem, phenomenal celebrates the special qualities of empowered women that are unrelated to shape or size.
- N** False! You can make healthy choices at fast food restaurants.
- PA** Do stability ball exercises while watching TV, exercise while watching TV, strength train, do a DVD or workout with a show, copy dance moves from videos.

answers

- SS** Accept any reasonable answer such as avoiding media that makes you feel bad about yourself, write a letter to the company, and surround yourself with positive people.
- N** Accept any reasonable answer such as fresh fruit, baked chips, pretzels, low-fat milk, a pickle, and string cheese.
- PA** False-girls get great benefits from BOTH aerobic and strength training activities!

trivia questions

SS Name 2 ideas to avoid getting caught up in the comparison trap.

N Name 3 ways to make the following fast-food meal healthier: Double cheeseburger value meal (large fries and medium soda).

PA True or False. Exercising in a group or with a friend can help with your motivation to exercise.

trivia questions

SS Name 2 factors that contribute to a negative self-image.

N True or false: eating healthy is important but always more expensive.

PA How are strength training and circuit training different from one another?

trivia questions

SS Name 2 benefits to planning.

N Which of the following is not a good choice for breakfast: leftovers, beans and rice, breakfast bar, fruit, low-fat milk, cereal, cold veggie pizza.

PA Name 2 things you could do to be active after school.

trivia questions

SS What is the most important message conveyed in the poem "Phenomenal Woman?"

N True or False: If you go long periods without eating, your appetite could get out of control and overeating or bingeing may occur.

PA True or False. Setting reasonable physical fitness goals can help you achieve your desired outcomes.

trivia questions

SS What is the comparison trap?

N True or false: Portion sizes at restaurants have stayed about the same size in the last 50 years.

PA True or false: Doing one or more sets of 10-15 reps of a strength training exercise will likely lead to big, bulky muscles in females.

trivia questions

SS How many steps should the average teenage girl get per day?

N Name 3 reasons why planning your meals and snacks is a good idea.

PA Why don't most females bulk up when they lift weights?

answers

SS Comparing things you don't like about yourself and comparing that to other who you think are better. (or something similar!)

N False. Portion sizes have increased for most items at both fast food and sit-down restaurants.

PA False.

answers

SS 10,000 or more.

N Accept any reasonable answer such as: easier to include healthy choices, prevents long periods of time between meals, saves \$\$, can help you meet your goals.

PA Hormones-low levels of testosterone are likely the reason that females do not develop big bulky muscles.

answers

SS Accept any reasonable answers such as having more time, less stress, less procrastinating, sleeping better, knowing there is a time to get everything done.

N TRICK QUESTION! Eating breakfast is important-and all of the items mentioned are good choices.

PA Meet a friend for exercise, put on headphones, go to the park with your siblings, go window shopping, bike or walk from school.

answers

SS Accept any reasonable interpretation: revel in the beauty of all aspects of your body; love and respect yourself; empowerment; positive self-image; self-efficacy; acceptance of a wide range of body shapes and sizes.

N True

PA True

answers

SS Any reasonable answer such as: focus on your positive qualities, think beyond appearances, think about what your friends say they like about you, challenge negative self-talk, avoid trash-talking, think of yourself as a whole person.

N Accept any reasonable answer such as: buying each item separately in smaller sizes, choose a single rather than double burger, choose diet soda, low-fat milk, or water instead of regular soda, have a side salad rather than fries.

PA True

answers

SS Accept any 2 reasonable answers- Pressure from friends, constant teasing, negative media images of women and girls, availability of diet pills and products, etc.

N FALSE! Healthy eating is important but not necessarily more expensive than unhealthy eating.

PA Circuit training involves aerobic exercise in addition to resistance training. Strength training is focused on resistance training.