

**Run for Your Life...or even walk!**  
**Physical Activity IQ Answer Key**

1. **Maybe** Physical activity lowers the risk for cardiovascular disease, certain cancers and other diseases. This does not necessarily mean a person will live longer. Other factors such as heredity and environment also influence a person's life span

2. **True**

3. **False** Before stretching you should engage in 5-10 minutes of low to moderate intensity cardiorespiratory activity.

4. **True**

5. **True**

6. **False** Exercise is a type of physical activity that is planned, structured and purposeful. Physical Activity includes structured exercise as well as other activities that use energy.

7. **True**

8. **True**

9. **True**

10. **True**