
HOPE Segment One Exam Question and Answer 100% Correct

How long should people exercise a week? - ✓✓ One hour a day, at least five days a week.

Stamina. - ✓✓ to last for an extended or prolonged period of time.

Vigorous activity. - ✓✓ Really gets your lungs, muscles, and heart working hard. This would include more demanding activities like running, climbing a steep hill, a game of tennis, or fast swimming.

Moderate activity. - ✓✓ Something that gets you moving and your heart beating a little faster, like a quick walk, wrestling with a sibling, or a steady bike ride.

Aerobic activities. - ✓✓ These exercises are especially good for your heart, which in turn is good for your whole body! It includes activities that keep your heart beating faster for at least 20 minutes straight, like walking, running, bicycling, cross country skiing, and swimming.

Muscle-Strengthening activities. - ✓✓ This doesn't necessarily mean you are going to look like a big bodybuilder, but it does mean you'll be stronger

Hope Segment One Exam Study Guide

Todd Lammle



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