

HOPE Segment One Exam With 100% Correct Answers 2024

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

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

Vigorous activity. - Correct Answer-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. - Correct Answer-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. - Correct Answer-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.

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