

---- LLAC FITNESS QUIZ ----

Take our quiz and test your fitness knowledge. If you get all of them correct, you are doing great – keep up the good work. If you miss any, feel free to ask one of our trainers about any further fitness questions you may have.

- 1. I'm starting out with exercise. How many strength-training sessions should I aim for each week and what should I try to accomplish initially?**
 - a. 3-4 days a week; performing 2-4 sets of 6-12 repetitions with exercises targeting all major muscle groups
 - b. 2 days a week; performing 1-2 sets of 10-15 repetitions with exercises that target all major muscle groups
 - c. 3 days a week; performing 3-5 sets of 5-8 repetitions with exercises targeting all major muscle groups

- 2. True or False? Three 10-minute bouts of cardio exercise provide the same health benefits as one 30-minute session.**
 - a. True. Studies show that these are almost equally effective to increase fitness and reduce body fat.
 - b. False. While any exercise is good, the longer and more continuous the session, the more effective your workout.

- 3. To avoid loss of muscle mass and improvement plateaus, how often should I change up my exercise program?**
 - a. Every Week
 - b. Every 2-4 weeks
 - c. Every 8-10 weeks

- 4. True or False? Spot reduction is an effective technique to target specific problem areas, such as belly fat.**
 - a. True. If your goal is to slim your mid-section and develop a six pack, you need to put extra focus on exercising that body part.
 - b. False. Trying to burn off fat by exercising specific body parts is based on a flawed notion.

- 5. True or False? It is better to eat immediately after a hard, long exercise session.**
 - a. True. Eating a combination of protein/carbohydrate foods within 15-30 minutes post-exercise to restore depleted fuels in your muscle cells helps to repair/rebuild muscle tissue
 - b. False. To restore muscle glycogen (depleted fuels), ingesting foods won't have any effect until one hour post-exercise.

- 6. If I sweat profusely during aerobic exercise, is that an indication I'm burning fat?**
 - a. Yes. Sweating more and sweating sooner can be a sign of a lack of conditioning.
 - b. No. Sweating does not indicate fat burning. Sweating is one mechanism the body uses to try to remove heat from the body.

Answer Key:

1. B
2. True
3. B
4. False
5. True
6. No