

50 and Over Exam

Final Exam

Name _____

Reg # _____

1. Stretching will not only improve your Functional Range of Motion but it will also assist in stress reduction.
A. TRUE B. FALSE

2. Stretching should always be preceded by a brief warm-up period.
A. TRUE B. FALSE

3. It's acceptable to occasionally push through the pain while stretching or exercising because the old saying states "No Pain...No Gain."
A. TRUE B. FALSE

4. A strenuous stretching routine will help improve your heart function and blood flow throughout the entire body.
A. TRUE B. FALSE

5. Remaining active will reduce both the outward as well as the inward signs attributed to aging.
A. TRUE B. FALSE

6. After what age is it considered “too late” to begin a new fitness program?
A. 50 B. 60 C. 75 D. None of the above
7. At what age is it recommended that a man stop exercising each day?
A. 50 B. 60 C. 75 D. None of the above
8. Proper nutrition and diet are _____ important as exercise when promoting person health and well-being.
A. Less B. More C. Equally
9. Whenever you improve your physical health you also _____ your mental health.
A. Diminish B. Improve C. Ignore
10. The keys to maintaining good physical and mental health as we age are _____.
A. Stretching and Exercise
B. Proper Nutrition and Diet
C. Stress Reduction and An Optimistic Outlook on Life
D. All of the Above