

THE
SIDELINE
FITNESS
QUICK QUIZ

Working Out to Achieve Optimal Well-Being

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Sideline Fitness Quick Quiz

TEST YOUR KNOWLEDGE OF THE TOPIC

Check the best answer for each of the below:

01

As long as you work out, you don't have to worry about what you eat.

- True
- False

02

Four Areas to keep in mind to achieve optimal well being are...

- Nutrition, Travel, Social Gatherings, and Physical Exercise
- Nutrition, Education, Going to Church, and Physical Exercise
- Nutrition, Rest, Emotional Exercise, and Physical Exercise
- Nutrition, Rest, Mental Health, and Physical Exercise

03

How many hours of sleep should Adults get each night?

- 6 to 7 hours
- 9 to 10 hours
- 7 to 9 hours
- 7 to 8 hours

04

All of the below are benefits of physical exercise except...

- Makes you happier
- Helps you sleep better
- Increases your self-confidence
- Makes all of your bad habits not matter as much

05

Any type of workout will help you reach your specific fitness goals as long as you are moving.

- True
- False

BOOM! How did you do?