

Active friends quiz

Thank you for completing the Active Friends programme, please check your knowledge below and revisit any part of the training if you miss anything.

Physical Activity - Questions

1. What is the recommended healthy level of physical activity for adults and older adults?
2. True or false, walking at least 15 minutes a day can help boost your mood?
3. “No pain, no gain” is a workout myth: true or false?
4. Name 3 physical benefits of being more active.
5. Name 3 non-physical benefits of being more active.

Physical Activity - Answers

1. What is the recommended healthy level of physical activity for adults and older adults?

The recommended level of physical activity is 150 minutes (two and a half hours) of moderate exercise over a week. Moderate means your breathing is faster, your heart rate increases, and you feel warmer. Alternatively, you can do 75 minutes of vigorous intensity activity. This causes your breathing to be much stronger, and rapidly increases your heart rate.

2. True or false, walking at least 15 minutes a day can help boost your mood?

True - Walking at least 15 minutes a day can help boost your mood, so lace up and get moving.

3. Is: "No pain, no gain" a workout myth?

True - "No pain, no gain" is a workout myth because while some muscle aches and pains are normal when beginning to be more physically active, many types of pain are bad for you.

Always ease into activity to avoid injury. The recommendation is starting slow and building up gradually.

4. Name 3 physical benefits of being more active.

There are a wide range of physical benefits of being active, these include: reducing your risk of many illnesses including heart and cardiovascular diseases, strengthening your muscles and joints, helping to maintain a healthy weight and improving your core strength for everyday activities.

5. Name 3 non-physical benefits of being more active.

There are a wide range of non-physical benefits including: improved mood and reduced anxiety, increased social connection with groups and clubs, connect with nature and the outdoors, connecting with your local community, increased confidence and self-esteem.

Getting people active - Answers

1. If someone says they can't afford to get more active what might you say to them?

Whilst this may be a very common concern, there are a range of things you can do for free, including: Parkrun, walks with friends, getting off the bus one stop earlier, walk your kids to school, trying some homebased movements, stretches and resistance work.

2. If someone says they don't know what there is out there to help them, what would you advise them?

There are so many local projects and activities for all interests and abilities going on, try suggesting they look at local Facebook groups, or if any free courses are going on at their nearest park. Leisure centres in County Durham have much more than the gym and can offer courses, games, and sports clubs. There are also walking groups all around County Durham they could get involved in.

3. If someone has a long term health condition, can they get active?

Absolutely! Physical activity is safe, even for people living with symptoms from multiple medical conditions. The benefits of physical activity outweigh the risks. Sometimes those with long term health conditions may not feel able to be active. And that's okay! They can go at their own pace, in their own time, when they feel ready.

Being an Active Friend - Answers

1. Being an Active Friend is only for people who are fit and sporty, true or false?

False - Being an active friend is for everyone. Encouraging others to get active whilst being a friendly and motivating force is all that counts.

2. What qualifications do you need to be an Active Friend?

None - You don't need to have medical training and you're not prescribing anything. Being an active friend is all about compassion and supporting others on their journey. Don't feel like you have to solve every problem, just be open and listen.

3. List three things you're now going to do as an Active Friend.

Suggestions include: joining your local walking groups or setting up your own, talking to your family about the benefits of being active, talk to your neighbours about a community project, invite a friend or family member for a walk.