**Fitness Questions**

**Open**

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| Why is stretching important for exercise? #Fitness |
| How often do you need to work out to start seeing results? #Fitness |
| What is a healthy diet? #Food #Health |
| What is a balanced diet? #Food #Health |
| How often do you need to train your abs to get a six-pack? #Fitness |
| Is weight training or cardio better for weight loss? #Fitness |
| What types of exercise are better for weight loss? #Fitness #Health |
| How much exercise do you do? #Fitness |
| Where do you start if you've never exercised before? #Fitness |
| Should you lift weights? #Fitness |
| What is BMI and why is it useful? #Fitness |
| What are the major causes of obesity? #Fitness #Health |
| How important is dieting? #Food #Health #Fitness |
| How can you lose weight without changing your diet? #Food #Health #Fitness |
| How do you maintain your weight? #Health #Fitness |
| Why do you have to take a rest day from working out? #Fitness |
| Why is it important to get enough sleep everyday? #Health |
| Is it better to do cardio before or after lifting weights? #Fitness |
| What are supplements used for? #Health #Fitness |
| What is the best way to get rid of belly fat? #Fitness |
| What are some simple things that people can do, in their day to day routine, besides working out, to see results faster? #Fitness #Health |
| Why do you plateau after losing 10lbs? #Health #Fitness |
| After someone has reached their fitness goals, how should their workout and nutrition plan be altered if they no longer wish to lose weight or build additional muscle? #Fitness |
| What is the best workout to do in the morning? #Fitness |
| What is the best way to build endurance? #Fitness |
| What’s your best tip for people who are having a hard time committing to a fitness routine? #Fitness |
| What are some good workout options if you can’t afford a personal trainer? #Fitness |
| What is the best way to lose fat? #Fitness #Health  What is the most effective diet? #Food #Health |
| How do you get a flat stomach? #Health #Fitness |
| What Is the Difference Between Weight Machines and Free Weights? #Fitness |
| Why Are My Muscles Sore After a Workout? #Fitness |
| How Do I Get Rid of These Flabby Arms? #Fitness #Health #Self |
| What does 'being fit" mean? #Fitness |
| How important is nutrition if someone works out consistently? #Fitness #Health #Food |
| What precautions should seniors take into consideration, when starting a new exercise program? #Fitness |
| What is the best way to get rid of back fat? #Fitness |
| How frequently should people change their workout routine? #Fitness |
| Why do people have such a hard time losing belly fat? #Fitness |
| What are the best types of exercises for getting the fastest results in the shortest period of time? #Fitness  Is liposuction safe? #Health  What is the best way to work out if I don’t have a gym membership? #Fitness  How can I stay motivated to lose weight? #Health #Self  How do you get an overweight friend motivated to lose weight? #Friends #Fitness #Health  Is Crossfit safe? #Fitness  Have you ever participated in a marathon? #Fitness  Have you ever participated in a triathlon? #Fitness  Is your mood affected by whether or not you work out consistently?  Are you motivated to have a healthy lifestyle now? #Health   1. Yes 2. No   In what areas of your life do you think you could be healthier? #Health  What positive changes in your life could you make to be healthier? #Health  What can you do today to start becoming more healthy? #Health  Do you worry that your lifestyle will have unhealthy consequences? #Negative #Health #Self  When you look in the mirror, do you like what you see? #Self  In what ways are you helping people around you be healthier? #Health #Friends #Family  What small changes can you make immediately to become more physically active? #Fitness #Health  What is the best advice you can give someone to live a healthier lifestyle? #Health  What are your workout goals for the year? #Fitness  What area of your body would you most like to improve? #Fitness  What new sport or workout routine are you interested in starting? #Fitness  What gets in the way of working out more regularly? #Fitness  (Q) How many times a week do you work out? #Fitness  (Q) How many hours a day do you work out? #Fitness  (Q) How old is safe to start lifting weights? #Fitness  (Q) How old were you when you started working out? #Fitness  (Q) What’s the heaviest weight you’ve ever been? (lbs) #Health #Self  (Q) What’s the lowest you’ve ever weighed? (lbs) # Health #Self  (Q) How much can you bench press? (lbs) #Fitness  (Q) What’s the longest distance you’ve ever run? (miles) #Fitness  (Q) What’s the longest distance you’ve ever biked? (miles) #Fitness  (Q) What’s the longest distance you’ve ever swam? #Fitness  (Q) How many marathons have you finished? #Fitness |

**Multiple Choice**

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| |  | | --- | | Do you lift on an empty stomach? #Fitness #Food   1. Yes 2. No | | Do you think you're fat? #Self #Health #Fitness   1. Yes 2. No | | Do you think you are overweight? #Self #Health #Fitness |  1. Yes 2. No   Do you stretch before working out? #Fitness   1. Yes 2. No |
| Do you need to warm up and cool down when you work out? #Fitness   1. Yes 2. No |
| Do you like eating vegetables? #Food #Health   1. Yes 2. No |
| Do you lift weights? #Fitness   1. Yes 2. No |
| Do you use free weights? #Fitness   1. Yes 2. No |
| Do you use prefer free weights over machines? #Fitness   1. Yes 2. No |
| Do you use machines to exercise? #Fitness   1. Yes 2. No |
| Do you know how to work out? #Fitness   1. Yes 2. No |
| Can you lose weight without changing your diet? #Food #Fitness   1. Yes 2. No |
| Do you consider yourself healthy? #Health #Self   1. Yes 2. No |
| Are supplements necessary to gain positive results? #Health #Fitness   1. Yes 2. No |
| If you lift weights, do you get bigger muscles? #Fitness   1. Yes 2. No |
| Do you take dietary supplements? #Health #Fitness   1. Yes 2. No |
| Do you think a balanced diet is important? #Food #Health   1. Yes 2. No |
| Is it necessary to take dietary supplements? #Health #Fitness   1. Yes 2. No |
| Do you have rest periods between work outs? #Fitness   1. Yes 2. No |
| Should a personal trainer know all of the medications someone is on? #Fitness |
| 1. Yes 2. No |
| Is it a good idea to workout when feeling mentally stressed? #Fitness   1. Yes 2. No |
| Is it safe for obese people to lift weights? #Fitness #Health   1. Yes 2. No |
| Should women lift weights if they don't want to get bulky looking? #Fitness   1. Yes 2. No |
| Is it true that some people naturally lose weight faster than others? #Fitness #Abstract   1. Yes 2. No |
| Is it true that it's not a good idea to do the same exercises during each workout session? #Fitness   1. Yes 2. No |
| Is it a good idea to workout with friends or family? #Fitness #Family   1. Yes 2. No |
| Is it good to have a "cheat day" where people can eat whatever they want once a week? #Fitness #Abstract   1. Yes 2. No |
| Is it true that people with diabetes have a harder time losing weight? #Health #Fitness |
| 1. Yes 2. No |
| Do you wear a belt during heavy lifting? #Fitness   1. Yes 2. No |
| Do you eat a lot of protein? #Food #Health #Fitness   1. Yes 2. No |
| Do you control your carb intake? #Food #Health #Fitness   1. Yes 2. No |
| Do you track your calorie intake? #Food #Health #Fitness   1. Yes 2. No |
| Do you get less than eight hours of sleep? #Health   1. Yes 2. No |
| Do you strech on a regular basis? #Fitness   1. Yes 2. No |
| Do you eat a meal (or meals) after 9PM? #Food #Fitness   1. Yes 2. No |
| Do you work out while you're sick? #Fitness #Health   1. Yes 2. No |
| Do you train the same body part two days in a row? #Fitness   1. Yes 2. No |
| Is sex considered an exercise? #Sex #Fitness   1. Yes 2. No |
| Do you get too busy and skip a meal? #Food #Health #Fitness   1. Yes 2. No |
| Do you have a work out schedule? #Fitness   1. Yes 2. No |
| Do you have a gym membership? #Fitness   1. Yes 2. No |
| Do you go to the gym daily? #Fitness   1. Yes 2. No |
| Do you work out when you're still sore? #Fitness   1. Yes 2. No |

**Quantitative**

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| (Q) How many times a week do you work out? #Fitness  (Q) How many pounds can you bench? #Fitness  (Q) How many crunches can you do in one set? #Fitness |

(Q) How many pullups can you do in one set? #Fitness

(Q) How many pushups can you do in one set? #Fitness

(Q) How many bones have you ever broken in your body? #Health

(Q) What’s the longest distance (in miles) you’ve ever run? #Fitness

(Q) What’s the longest distance (in miles) you’ve ever biked? #Fitness