**Physical Activity for Healthy Aging: Multiple Choice Questions for Final Exam**

Correct answers are in **BOLD**

1. The current physical activity guidelines suggest that all adults should try to:
   1. Move more and sit less throughout the day. Some physical activity is better than none.
   2. Do at least 150-300 minutes/week of moderate-intensity, or 75-150 minutes/week of vigorous-intensity aerobic physical activity.
   3. Do muscle strengthening exercises of moderate-to-vigorous intensity and that involve all major muscle groups on +2 days/week.
   4. **All of the above**
2. Which of the following is most important for overall healthy aging:
   1. Having a body mass index (BMI) below 30 kg/m2
   2. Eating pizza and ice cream at least once a week
   3. **Having good cardiovascular fitness and muscular strength**
   4. Owning a BMW convertible
3. According to the principle of specificity (Wolff’s Law), an older adult who performs aerobic training should see the largest improvements in their:
   1. **Cardiovascular fitness**
   2. Muscular fitness
   3. Balance
   4. Ability to win staring contests