

PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.



What kind of body tissue burns the least calories?

- a) fat
- b) brain
- c) muscle
- d) they all burn the same amount of calories



The best way to get and maintain a healthy body weight is...

- a) eat fat free foods
- b) eat low carb foods
- c) eat nutritious foods and be physically active
- d) do sports every day



Can exercise help prevent the risk of developing breast cancer?

- a) no, breast cancer is 90% hereditary
- b) yes, because thin women don't get breast cancer
- c) yes, regular exercise and activity is preventative
- d) no, there is nothing you can do to prevent breast cancer



How much exercise should you get to be healthy?

- a) 20 min, once a week
- b) 30 min, three to five times a week
- c) 60 min, once a week
- d) 90 min, three times a week



What kind of cancers are linked to extra body fat?

- a) bowel
- b) endometrium (womb)
- c) kidney
- d) all of the above



Regular physical activity can help reduce the risk of...

- a) heart disease
- b) type 2 diabetes
- c) many cancers
- d) all of the above



Which kind of physical activity burns the most calories?

- a) swimming
- b) hiking
- c) rollerblading and skating
- d) dancing



What do the initials BMI stand for?

- a) Basline Metric Indicator
- b) Best Management Inc
- c) Body Mass Index
- d) Better Mental Issues

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### Answer

If you chose b) 30 min, three to five times a week, you are right! That doesn't mean you have to go jogging or play a difficult sport—you can start by walking at a brisk pace so that you break a sweat. This amount of activity will bring health benefits.



### Answer

If you chose c) regular exercise is preventative, you are right! Women of all shapes and sizes do get breast cancer, but fewer than 10% of cases have a hereditary component. Regular exercise can help to lower the risk of developing breast cancer.



### Answer

If you chose c) eat nutritious foods and be physically active, you are right! A healthy lifestyle includes eating a variety of different foods and participating in physical activity every day.



### Answer

If you chose a) fat, you are right! The more lean muscle you have—rather than fat tissue—the more calories you will burn every single day. That's just one reason why exercise that builds muscle is good for you. Working out with weights is one way to do that.



### Answer

If you chose c) Body Mass Index, you are right! The BMI helps you see if you are at a healthy weight for your height. A doctor, nurse, or other health professional can help you to calculate your BMI, or visit [www.bccancer.bc.ca/PPI/Prevention/bodyweight/bmi](http://www.bccancer.bc.ca/PPI/Prevention/bodyweight/bmi).



### Answer

If you chose c) rollerblading and skating, you are right! They can burn a staggering 700 calories an hour, similar to running or playing squash. But all kinds of exercise burn calories and are good for you, especially if you enjoy them!



### Answer

If you chose d) all of the above, you are right! Heart disease, diabetes, and cancer are very common diseases but they are not inevitable if you make healthy lifestyle choices such as getting plenty of activity, eating well, and maintaining a healthy body weight.



### Answer

If you chose d) all of the above, you are right! Many kinds of cancer are linked to excess body fat, which is why it is such a good idea to maintain your body weight through exercise and healthy eating habits.

