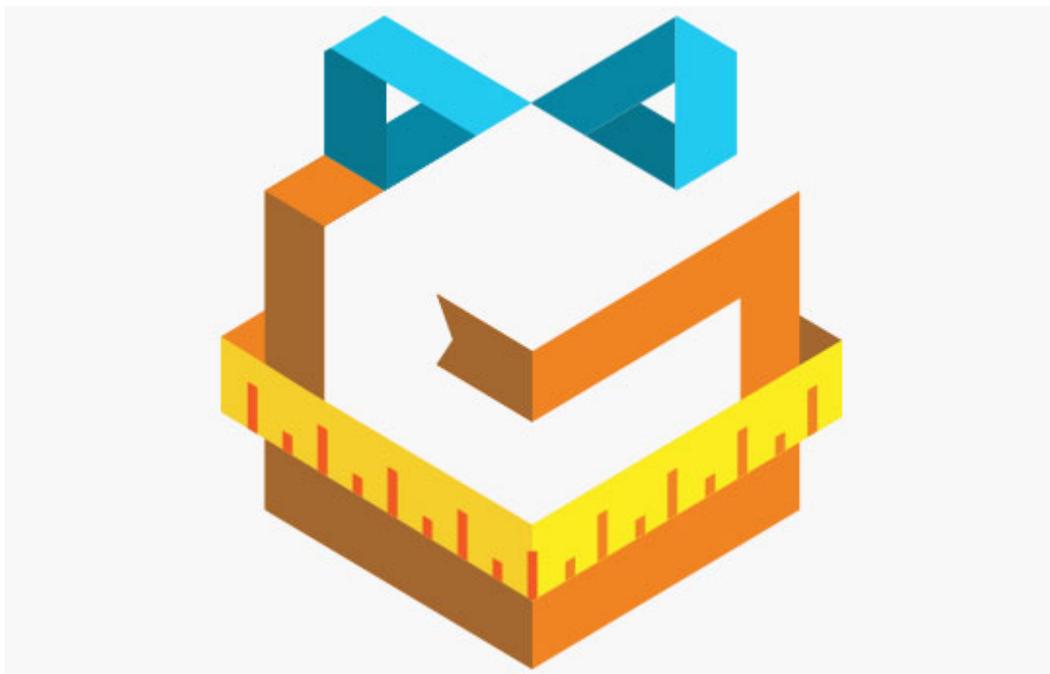


# SESSION //

**Weeks 7-12**



**Your  
GIFT  
of a healthier lifestyle**

## **Session II Objectives**

### **Physical Activity – Week 7**

- Know the number of minutes of physical activity needed daily (or steps)
- Understand benefits of physical activity

### **Flexibility, Strength, & Exercise Intensity - Week 8**

- Understand how stretching helps prevent injury
- Name 3 benefits of strength training
- Name a light intensity activity

### **Dining Out & Party Time – Week 9**

- Learn ways to prevent overeating at parties, family gatherings, or social events
- Learn actions to help you plan for success during upcoming events

### **Maintenance - Week 10**

- List 3 tips to avoid backsliding
- Know how often to weigh
- Know how many calories to increase in your meal plans

### **Heart Disease & Diabetes Prevention - Week 11**

- List 3 risk factors for heart disease
- List ways to lower your risk for heart disease
- Name the signs and symptoms of a heart attack
- Name a risk factor for diabetes
- Name 2 ways to lower the risk of diabetes

### **Cancer, Oral Health & Childhood Obesity - Week 12**

- Name 2 ways to lower your risk of getting cancer
- Name a disease that can be affected by poor oral health
- List 2 ways to prevent tooth decay and gum disease
- List 3 things you can do to help reduce or prevent obesity in children

## **Session II - Pre-Test**

**Try to answer all the questions. If you can't answer or get them wrong, it's ok!  
You'll be learning about all of these in the upcoming weeks.**

1. Stretching before and after exercise: (circle all that apply)
  - a. Warms up muscles
  - b. Relaxes muscles
  - c. Reduces injury risk
  - d. All of the above
  
2. What is the #1 killer of all Americans?
  - a. Diabetes
  - b. Cancer
  - c. Car Accidents
  - d. Heart disease
  
3. Which are signs and symptoms of a heart attack?
  - a. Headache
  - b. Indigestion
  - c. Shortness of breath
  - d. All of the above
  
4. To prevent overeating at a party, choose a healthy snack to eat before leaving home:
  - a. one donut
  - b. small order fries
  - c. piece of fruit
  - d. 10-12 almonds
  
5. Increasing physical activity may do which of the following? Circle all that apply.
  - a. make you taller
  - b. relieve stress
  - c. reduce energy level
  - d. reduce risk of diabetes
  
6. Which is a benefit of drinking water?
  - a. makes you hungry
  - b. fills you up and reduces hunger
  - c. raises glucose
  - d. reduces cholesterol
  
7. Name something that can lower risk of getting cancer. (circle all that apply)
  - a. Limit salt and sodium
  - b. Exercise more
  - c. Avoid processed meats
  - d. Breastfeed babies
  
8. What are some ways to reduce risk for childhood obesity. (circle all that apply)
  - a. Limit computer and TV time
  - b. Increase protein (meat) servings
  - c. Encourage active play time
  - d. Substitute soda for water
  
9. What disease can be effected by poor dental health?
  - a. Kidney Disease
  - b. Diabetes
  - c. Appendicitis
  - d. Gout
  
10. How often should you weigh yourself when you are trying to maintain your weight?
  - a. Every day
  - b. Once in the morning, once at night
  - c. Once a week
  - d. Once a month

**Keep this to compare to the post-test at the end of the Session 2.**