



Name:\_\_\_\_\_.Grade:\_\_\_\_\_. Group:\_\_\_\_\_. Date:\_\_\_\_\_.

**Match the information with its correct subtitle. There is 1 extra option.**

- |  |   |
|--|---|
| <b>1.</b> This may suggest that you need a combination of healthy eating and exercise to improve your health. ( )                                    | <b>a)</b> What are some of your preliminary findings?         |
|  | <b>b)</b> Exercise and Physical Fitness                       |
| <b>2.</b> The study took 39 overweight and obese adults and had them lose about 7% of their weight, ( )  | <b>c)</b> Physical activity does more than help you look good |
| <b>3.</b> Research shows exercise can help you live a longer, healthier life... ( )  | <b>d)</b> What's a common misconception about weight loss?    |
| <b>4.</b> Their blood pressure and cholesterol levels improved. ( )  | <b>e)</b> Tell us about your recent research in exercise      |
| <b>5.</b> Losing weight might improve some of her heart disease and metabolic disorder risk factors, but it might also decrease her muscle mass. ( ) | <b>f)</b> Health Fast Facts                                   |
|  | <b>g)</b> Why is that important?                              |
| <b>6.</b> If someone with diabetes has lost weight, we need to be conscious of their glucose and insulin levels after weight loss... ( )             | <b>h)</b> What kind of research is on the horizon?            |
| <b>7.</b> If you have obesity, losing even 5% to 10% of your weight can delay or prevent diabetes, heart disease, stroke, and arthritis. ( )         |   |

**Put T for TRUE or F for FALSE.**

1. About 90% of the people in the study made the weight loss goal with an average weight loss of about 9%. (      )
2. People never believe that when they're losing weight, they're losing only fat. (      )
3. Losing weight might improve some of her heart disease and metabolic disorder risk factors. (      )
4. Maintaining your weight loss and improving your overall fitness will lead to better health. (      )
5. Nutrition is not hard to quantify, and it's not an area in which many people struggle. (      )